

AUNT KATE'S MOTHERS' GUIDE.

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PRINCIPAL CONTENTS.

The Newborn Child.
The Infant's First Year.
Childhood's Years.
Food and Feeding.
Baths and Bathing.
Clothing.
Teething and its Troubles.
Physical Education.
Mental Development.
Moral Instruction & Training.
How to Punish.
A Chapter on Symptoms.
Diseases and Remedies—
 Constipation.
 Diarrhoea.
 Convulsions.
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 Fevers.
 Throat Troubles, &c., &c.
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AUNT KATE'S

MOTHERS' GUIDE.

INTRODUCTION.

In no topic are women more concerned than in the care and guidance of children, and Aunt Kate feels that her series of Handbooks would not be complete without one on this subject.

The work has been designed specially for young mothers. It tells them how to treat the little stranger from the day of his or her arrival. In the first section is considered the period of infancy—the first year—when the mother has so much to learn, and minute instructions are given on a great variety of matters. In the second section is taken up the period of childhood—from one year to five years of age. Besides Health, such topics as Moral Training, Religious Training, Clothing, Food, Amusement, &c., are discussed. The guidance given on these subjects will, it is believed, be of lasting benefit alike to parent and child.

Children's ailments are dealt with in the third section. In preparing this book I have had the assistance of the skilled colleagues who direct the "Health Without Medicine" column in the *People's Journal*, and here, too, the treatment prescribed is wholly without the use of drugs. I could not undertake the responsibility of advising that strong drugs be given, especially to young children, and, like the author of "A Plea for a Simpler Life," I have great faith in what Nature can of herself do to expel disease. Illness is always the result of some violated health law, and the directions given in this work will, it is hoped, assist towards preventing illness coming about. Of course, when serious illness does break out, I would not for one moment dissuade any one from calling in skilled medical advice.

In an Appendix information is afforded as to making infants' clothing at home.

It is an unhappy fact that, in our large towns, of every five deaths two are of children under five years of age. This betokens great ignorance on the part of parents in the management of their offspring, and I sincerely trust that this book may help to better the lot of the little innocents.

All the detailed information here afforded is based upon practical knowledge, and every confidence is felt in bringing the work under the attention of the heads of households as conveying serviceable information on matters of the utmost importance to family well-being.

AUNT KATE.

PART I.—THE INFANT'S FIRST YEAR.

A CHAPTER FOR THE MOTHER'S BENEFIT.

BEFORE THE BIRTH.

It does not lie within the province of this book to treat of the period previous to the birth; but a few words on the subject will not be out of place. There are many wrong ways of living for the pregnant woman, and only one right way; and considering the immense importance of the subject the ignorance of married women thereon is simply amazing. No one will contradict us when we say that, if the office of maternity were devolved upon the other sex, a widely different state of matters would prevail! If the following hints are faithfully acted upon during pregnancy, childbirth will be comparatively easy, and both mother and child will be stronger and more healthy.

Clothing should be light, loose, and warm. Skirts, if worn at all, should be short, and hung from the shoulders. Corsets, however loose, should on no account be worn. As regards the mother, the wearing of these unnatural supplements to clothes exacts its inevitable penalty in future years, but for the sake of the offspring it might well be made a criminal offence. Nothing should be worn which in the least interferes with breathing or the circulation of the blood. Garters are injurious. The most suitable clothing consists of woollen combination, flannel bodice, tweed knickers, a short petticoat if your prejudices demand it (but it only means extra weight), and the dress or gown.

Do a fair amount of housework, but cease before there is any fatigue or strain, and never do anything which involves straining of the muscles (such as lifting heavy articles, standing on tip-toe to get at something nearly out of reach).

Walk every day in the open air, and sleep with bedroom window a few inches open in all weathers. On this more than anything else the infant's health depends.

Take abundance of sleep, and as much as possible during the earlier part of the night.

Avoid all worry and care. Let the surroundings be pleasant and the spirits tranquil. By attending to these things the foundation of a healthy nervous system will be laid for the child.

The mother's diet is all-important whether for her own sake or that of the child. The diet should consist exclusively of wholemeal bread, farinaceous foods (such as barley, wheat, and oatmeal porridge), a moderate quantity of the legumens (pease, beans, lentils), with fresh vegetables and abundance of fruit. Avoid too much fish, flesh, fowl, tea, coffee, pastry, or condiments. Any kind of fruit which agrees when taken by itself should be eaten; in bananas, raisins, oranges, apples, prunes, strawberries, and many others there is abundant variety. Baked apples and bananas are good and wholesome. Raw and cooked vegetables or fruit should not be eaten at the same meal. In place of tea or coffee milk, brought almost to the boiling point, or cocoa may be used. Choose a cocoa which contains no baking soda, a deleterious substance largely used to make cocoas soluble.

A warm wash of whole body and head should be taken weekly.

A cool sitz bath should be taken every forenoon at least two hours after breakfast. In the absence of a sitz bath, any vessel large enough to place the hips in will serve. The body is well wrapped up, and the feet outside. If the patient has little animal heat, her feet should be kept in hot water while she is sitting in the bath. Duration. 15 to 20 minutes. After each

bath lie down on back for 30 minutes. These baths will brace up the system in the most marvellous way.

The enema should be regularly used for the bowels to keep the blood pure. Directions for its use will be found on page 32. The quantity of water should be about two quarts for the first few weeks after birth, when it may with benefit be increased somewhat. Ingram's seamless enema is the best hand one; jointed enemas soon go out of order. Most chemists supply enemas, but if one cannot be obtained locally The Argyle Rubber Co., 17 Renfield Street, Glasgow, will send Ingram's post free for 4s 6d, or a douche enema for 5s.

AFTER THE BIRTH.

Formerly everything was done to make the mother feel that she was very ill, and to retard her recovery. The room was darkened, overheated, and under-ventilated; the mother herself was imprisoned in uncomfortable flannels, which made her feverish and drained her strength at the outset. Nowadays this is changed, and aseptic washing and douching are part of the daily routine. With due regard to shading the infant's eyes from the light, the birth-chamber should receive plenty sunshine. It should also be freely ventilated. The mother should be sponged thrice a day if possible, the window being shut at the time. The operation may be done piecemeal under the blankets, and a dash of vinegar added to the water will increase its refreshing powers. The mother's food should be simple and non-stimulating. Beef-tea is most unsuitable. The reason why beef-tea is so successful in some illnesses is that it contains practically no nutriment. It is given in the erroneous belief that it is nutritious to patients who, by an equally erroneous belief, are supposed to require much nourishment. The one error, fortunately for the patient, discounts the other. Chicken broth and hough soup are even more unsuitable. For the first few days the food should consist of light milk food. The second week, to get up the strength, bean tea may be given once a day, and hot milk and bran tea added to the dietary.

Recipes for these dishes will be found at page 41, and fuller directions about the mother's diet in the chapter on "Baby's Food," page 11.

The mother's breasts should be kept clean by sponging with pure water after suckling, and then drying well with a soft cloth. Apply absorbent cotton wool to dry up oozing milk. The habit which some mothers have of wetting the nipples with saliva is uncleanly in itself, and sometimes harmful to the infant. When the nipples become tender bathing with glycerine and tannin will put them right sooner than any other application.

PREPARING TO WELCOME BABY.

Baby will suffer if timely preparations for his début on the scene of life are not made. The average baby, however, cannot complain of neglect in this respect. For months before his advent busy fingers, moved by maternal affection or sisterly sympathy, have skilfully plied scissors and needle so that when baby appears he may receive a snug welcome befitting his importance. In the Appendix, page 43, serviceable information will be found for making baby's clothing at home.

BABY'S OUTFIT.

The common blunder made in dressing infants is to overdress them. Too many garments are put on the little body, and this error is aggravated by adjusting these too tightly. The result is that baby, in continual discomfort, becomes fretful and restless, and ceases to thrive; his circulation and breathing being impeded he contracts cold or bronchitis. Then more clothing is added in the hope of remedying this evil, and so on. By all means keep baby nicely warm, but remember that his lungs play an important part in keeping up the bodily heat; and if the lungs do not have free play no amount of outside heat will amend the defect. If baby is uncomfortably dressed he is unhygienically dressed. His garments should be few, simple, light, loose, warm, and all of wool. Baby's indispensable outfit will consist of:—Six very fine flannel shirts with sleeves, or 6 Shetland jackets with long sleeves, 3 barrie-coats, 3 fine flannel dresses, 1 best dress of nun's veiling or white silk, 2 bands, either knitted, or of soft, white flannel without seam or hem, about six inches wide, and long enough to go once round the body and a little more, 18 or 24 soft cotton napkins, 4 flannel napkins, and 2 pairs long stockings.

DRESSES.

The foregoing outfit contains merely what is necessary, and may be added to; but a superfluity of clothes only entails more work on the mother. The bodies of the barrie-coats should be plain, not pleated. The dresses may have lace or flannel trimming, and two should be kept for day use, the remaining one for use at night. The fine dress takes the place of the robe, and may be trimmed to suit the tastes and purses of individual mothers. It may be a little longer than the other dresses, which should not be longer than 12 inches beyond baby's feet. For those who prefer the old fashion of dressing, a white skirt without a bodice may be kept to be worn above any of the foregoing dresses when baby is taken out.

The band should be discarded immediately the navel is healed. If continued to be worn it is liable to cause rupture, and it serves only the one good purpose of keeping the dressing of the navel in position. Infants with sensitive skin sometimes require to wear a soft linen or muslin shirt beneath the woollen one for a few days. Stockings long enough to extend above the knees should be worn from the first. Baby's clothing should be changed night and day, the garments not worn being well-aired at an open window and warmed before being put on. (Of course all clothing should be kept scrupulously clean).

SHORTENING.

Baby should be "shortened" when between two and three months at latest, according to season and condition of baby. Early shortening is a great advantage to an infant, because the short dress allows the limbs free exercise—a point of great importance to the baby's health and happiness. The cosy stockings reaching well up the thighs render the limb-fettering long dress "unnecessary and oppressive" (to use a legal phrase) after a few weeks. One can scarcely reiterate too often the immense importance of dressing infants and children in such a way as to allow of perfect freedom for the movements of the limbs, chest, and abdominal muscles.

OUTFIT OF SHORTENING.

The only changes in baby's wardrobe entailed by shortening are the substitution of flannel or knitted petticoats (with woollen bodices) for the barrie-coats; and of short dresses (reaching to the ankles only) for the long dresses. If flannel shirts have been worn, these may be made into bodices for the petticoats. One petticoat only should be worn at a time. Baby will thus be amply and properly clad when he wears—1, very fine knitted semmit; 2, Shetland jacket with long sleeves, overlapping at the back, but otherwise unfastened; 3, flannel or knitted petticoat with bodice, fixed by buttons at the front; 4, woollen dress, to button at the back; 5, woollen stockings and bootees. For outside wear a shawl and hat or hood are required in addition. A shawl is preferable to a cloak, because it is more cosy and comfortable. If we copied our American sisters to the extent of putting hoods on our baby boys as well as our baby girls there would be less ear and head troubles amongst the former. Baby's head covering should not be too warm nor made of too stiff material. "Keep the head cool and the feet warm" is a rule quite as suitable for infants as adults. Woollen clothing is desirable, not only for comfort and health, but because it does not catch fire so readily as other materials.

EARLY PREPARATIONS.

FRESH AIR.

The air of the natal chamber must be as pure and fresh as possible. It is very important that the first air baby breathes should be pure, because any impurities he may inhale will cause more or less future trouble. Baby's strength is small, and no part of it should be wasted in throwing off unnecessary impurities. Leave a delicate plant in a closed frame, and mark how soon it will fade and die. Baby is ten times more dependent on continual supplies of fresh, wholesome air. Shortly before he is born, therefore, the natal chamber should be thoroughly flushed with air from the outside. For the same reason there should not be much gas or other artificial light in the room consuming the needed oxygen, and no person should be allowed in the apartment whose presence is not really necessary.

A WARM ROOM.

The chamber must not be chilly. Immediately before birth baby has been living in a temperature of about 100 deg. Fah., and if the room in which he is born is chilly, the shock from which he will suffer may be dangerous. Of course, if the apartment is too warm, the mother will suffer. A temperature of about 65 degs. to 70 degs. is most suitable, and this will be compatible with perfect ventilation.

SHADE THE LIGHT.

The apartment should not be too light. In daylight the blinds can be kept drawn for the first 24 hours, and at night the gas or lamp can be lowered. After the first day the sunshine should be freely admitted to the chamber for the mother's sake, but baby's eyes should be carefully protected from direct rays of light.

IMMEDIATELY AFTER BIRTH

the first thing to do is to envelop baby in a piece of soft, warm flannel until the mother is attended to. If the birth is natural and without complications, nothing requires to be done for the infant beyond keeping it warm and seeing that it is not suffocated. In cold weather baby should be kept near the fire, but not within its direct rays.

BABY'S FIRST BATH.

Infants are generally born with a stiff, oily coating, which is a source of irritation after birth. As soon as convenient this coating should be removed with vaseline, olive oil, or fresh butter. A small bath containing water of a temperature of from 96 degrees to 98 degrees Fah. being prepared, the infant should be held in nurse's lap and kept well covered while its head and face are washed first. No common soap should be used, but a superfatted soap is permissible. The eyelids should be washed with a perfectly clean and soft

sponge, or piece of flannel, which has not been used on any other part of the skin. The eyes being exceedingly delicate, any impure water or oily secretion getting into them might cause severe inflammation, and even blindness. After the head is washed the infant should be immersed in the bath up to the shoulders, the head being supported by nurse's left hand, while the body is carefully and very gently washed with sponge or soft flannel. Only superfatted soap should be used on baby's skin for the first week. A little olive oil or fresh butter will prove a good substitute for soap. It is of extreme importance that baby's first bath should be thorough, and at the same time gentle. Gentle, because the skin is so exceedingly tender and delicate; and thorough, because any impurity remaining would so easily hurt that tender and delicate skin. Nurse, therefore, takes a pride in cleansing all the corners of the little body, all the little folds of the skin, and baby will reward her by being less restless afterwards. After the washing is done the infant should be well "slung" with the warm water of the bath (the eyes being carefully guarded), then lifted out of the bath, enveloped in a soft warm towel, and placed on nurse's knee while being dried. The nurse should wear a fine flannel apron. To dry baby do not rub the skin, but merely press the towel gently with the palm until the towel has absorbed the moisture from every part of the skin. Gentle friction with the hand should follow. In the case of weakly babies warm olive oil, cod liver oil, or cocoanut butter should be gently rubbed into the skin. The utmost care should be taken not to expose the infant to cold. The bath should therefore be given in a snug corner of the room without being too near the fire.

Where the infant is feeble two baths should be prepared, one of 96 degrees or 98 degrees, as already described, and one of 100 degrees or 101 degrees. After the head is washed the infant should be dipped first in the warmer bath for one second, and then placed in the other and washed as above directed.

BABY'S FIRST DRESS.

After baby is washed and dried he should be dressed for his first sleep. The bandage mentioned on page 5 being warmed and ready for use, a small piece of clean soft linen having a hole cut in the centre (or a wide slit made to the centre to facilitate daily changing) is placed above the navel, the remains of the navel cord being put through the hole, covered with a fold of the linen (or cotton wool absorbent), and kept in position, pointing upwards, by a flannel binder or band. The binder should only be once round the body, should be comfortably sewn, and should not be so tight as to interfere with baby's breathing. The linen should be worn constantly until

the remains of the navel cord drop off, which usually happens between the fifth and eighth day after birth. The cord should always be allowed to come off naturally—interference with it is dangerous. If there is any tenderness of the navel after the cord drops off, a piece of soft linen saturated with olive oil, zinc ointment, vaseline, or cocoanut butter should be kept applied to the part. When the navel becomes quite free from tenderness the binder should be discarded altogether. Its continued use serves no good purpose, and only interferes with the comfort and well-being of the baby. After the binder is fixed as already mentioned, should baby show a desire for sleep it may be wrapped in soft warm flannel, and further dressing postponed until it awakens from sleep. Like the bandage the barrie should not be too tight. Infants' clothing should be warm, soft, and light. The material next the skin should be of soft flannel, unless the skin is unusually sensitive, when cotton or linen may be used instead. Baby's clothes should be exposed for a moment or two to the heat of the fire before being put on.

BABY'S FIRST SLEEP.

Babies have a way of upsetting programmes arranged for their benefit, and in such a case the programme must be altered to suit baby's superior judgment. For, after all, baby's instinct is a pretty reliable guide in many things. After having his first bath he should be encouraged to sleep for eight or ten hours, and neither drink nor medicine, nor sugar and water, should be put into his mouth until this period has elapsed, when he should be put to the breast.

WHERE SHOULD BABY SLEEP?

The maternal and infantile instincts both indicate the same spot—the mother's bosom. Baby should therefore sleep there if the mother is well enough to crave this great boon, for the first few days at least. A new-born child has little power to generate heat, but it receives from the mother a sufficient and equable supply. Whether sleeping with its mother or alone the infant should be snugly warm, feet included, without being uncomfortably so, and it should breathe fresh air.

BABY'S FIRST FOOD.

As already mentioned, it is better that the infant should have nothing to drink for a few hours after birth. After his first sleep he will awake hungry and cry for food, when he should be put to the breast. The first milk of the mother is thin and watery; but it contains everything the infant needs in the way of food and drink, and in addition it contains an oily substance, colostrum, which acts as a natural purge. Nurses sometimes give the new-born infant an opening medicine; but this is not only unnecessary but harmful. If at first the mother is unable to suckle the child a few sips of

warm water should be given to baby. But where the mother is able to suckle the child, to give the latter anything at first but his mother's milk is to tamper with nature. The subject of "Baby's Food" is treated separately in detail further on. The infant's bowels should move within a few hours after birth, and if they do not, and the child shows symptoms of uneasiness, a few teaspoonfuls of tepid water may be given. If the mother's food is non-constipating the infant's bowels will seldom fail to do their work perfectly.

What has been written may serve as a guide to the nurse in ordinary cases, and where the conditions of mother and child are normal. We proceed to answer a few questions which may trouble the mother or nurse where the conditions are exceptional, and to give directions and cautions necessarily omitted from the foregoing general summary.

CONGENITAL DEFECTS.

The first question a parent asks concerning a new-born infant is—"Is it all right?" How thankful are—or should be—the parents when the answer is—"A fine, healthy baby, without a single blemish!" Such an answer, while reassuring, may not be quite accurate, for there may be some defect not apparent at birth. If, unhappily, there is any visible deformity, the doctor should be notified at once, as perhaps the matter may be remedied or modified if immediate means are used, while remedy may be difficult or impossible if there is any delay. We mention below the more common birth defects.

DEFORMED HEAD.

The skull of a new-born infant is soft and pliable, and the pressure it is subjected to during parturition gives it a curious shape—generally too long from back to front—which is often startling to inexperienced parents. The deformity is only temporary; the head will return to its normal shape in a few days.

BIRTHMARKS

are seldom noticed until a few days after birth. They should be left alone, as they are ineradicable. If on the face or neck electrolysis can be tried in later years.

INABILITY TO PASS WATER.

which is commoner in male than in female infants, may be caused by a membrane closing the orifice. A slight operation by the doctor will remedy the matter. When the cause is a tight foreskin, circumcision will be necessary. In such a case it is comforting to know that a circumcised boy has certain hygienic advantages as compared with his uncircumcised neighbours. In most cases all that is required is warm applications to the parts, the cause being only functional.

AN IMPERFORATE ANUS

Is the term doctors use when there is no opening at the end of the bowel. Vomiting usually accompanies this condition. If there is no motion of the bowels within 24 hours after birth the doctor should at once be sent for.

RUPTURE,

which is often caused by a crying fit, is another matter requiring immediate medical attention. It is caused by a part of the intestines escaping through the belly wall. Until the doctor comes the child may be placed flat on its back, with warm applications to the swelling. A truss will be required to keep the bowel in position until the rupture is healed. India-rubber trusses, being cleaner, are most suitable for very young infants. When the truss is removed to allow of the child being washed, the mother's hand should be kept on the spot to prevent the bowel descending again. The skin beneath the truss should be examined frequently to see that there is no chafing; we need scarcely say that the abdomen, as well as the rest of the body, should be kept quite clean.

TONGUE-TIE,

or "tongue-tacket," is the condition where the membrane binding the under part of the tongue to the floor of the mouth is too tight, and is shown by the child's difficulty in sucking. A slight incision made by the doctor will remedy the matter.

DEAFNESS.

An infant who is not deaf is after some days very susceptible to noises; thus the question whether baby can hear or not is easily settled. When a deaf child is old enough to be taken from its mother, it should be sent to an institution for those similarly afflicted, where it will receive instruction which it cannot get at home.

BLINDNESS.

As has been mentioned already, few blind persons were born so. Competent knowledge and care would, we believe, have prevented five out of every six of those who have become blind in childhood from suffering this great deprivation. Infants are unable to distinguish objects until they are from three to seven weeks old, and until this period has elapsed it cannot be pronounced with certainty that baby can see.

IDIOCY,

or mental incapacity, dates from birth, but is not, as a rule, discovered until the child is two years or more old. By kindness and wise training an idiot (so born) may be improved to some extent, but cannot become as others. It is sometimes advisable to place such a child in a suitable institution. Parents should conscientiously judge what is best for their afflicted child, and act accordingly.

NURSERY DONT'S.

Don't feed baby at irregular intervals.

Don't jolt baby after feeding.

Don't bathe baby immediately before or after feeding.

If baby cries don't bribe it to silence with the breast or bottle; find out what is the matter.

If baby insists on being fed don't let baby suffer for the sake of rule; after all a naturally-brought-up baby is the best judge of its own needs.

Don't give baby the breast when you are fatigued or mentally disturbed.

Don't forget that nothing will so surely make a breast-fed baby ill as its mother's neglect to breathe pure air day and night.

Don't forget that too little fresh air and too much food will soon kill the most robust of babies.

Don't forget that breast-fed babies should be fed from each breast alternately.

Don't put fresh food into a bottle without emptying out the remains of a former meal and cleansing the bottle.

Don't forget that a half-cleansed rubber nipple is a happy hunting ground for disease germs.

Don't forget to offer baby a few teaspoonfuls of cool water daily. They will soothe baby, and improve its digestion.

PREMATURE CHILDREN.

These require extremely careful treatment. Their baths should be warmer than those of ordinary infants—99 to 100 degrees is suitable. They should be bathed near the fire, washed while in the water, wrapped in a warmed flannel, and dried without being exposed. A good method is to place a soft towel on the flannel wrapping, warm both, and envelope baby in both at the same time. After drying, warm olive oil should be gently applied to the whole body with the hand, and the oil then dried with a warm soft cloth—all without uncovering the child. The baby should then be dressed in a coat of cotton wadding, having holes for the arms, and strips of the same material should be wound round the arms and legs. A semmit of Shetland wool should be worn above this, and over all the little flannel "barrie." Baby's "cloth," which should be of unusually soft material, is placed inside the wool. The baby should be placed between warmed blankets, and its heat kept up day and night by hot water bags or bottles at its sides and feet, the bottles being kept from burning the child by keeping several folds of the blanket between them and the skin. Baby's wadding should be frequently changed, and another hot bath given. If the infant is too weak to suck, the milk may be drawn from the breast by a breast exhauster into a warmed glass, and the baby fed from this by a spoon every hour or two.

BABY'S BATHS.

We have no space for repetition, therefore the paragraphs already written about "Baby's First Bath" should be read along with this. Every infant, during the first year of its life, should be given two baths every day. The morning bath should be given as soon as baby is taken out of bed, and before it is given the breast; but if, for any reason, baby has been given the breast first, the morning bath should be delayed for an hour or more, so that digestion may not be interfered with. The evening bath should be given just before baby's retiring hour, but not within an hour after its evening meal. For the first month or two the temperature of these baths should be the same, namely, from 96 to 98 degrees; afterwards the morning bath may be made cooler (80 to 90 degrees). A thermometer should be used; baby is the sufferer where the temperature is regulated by guesswork. These figures will not apply in all cases. An infant's bath should never exceed 98½ degrees. On the other hand, if the child is weak and the season cold, the temperature should not be much lower—not under 95 degrees. A wise mother will add to knowledge experience, and, within reasonable limits, give her child such baths as will just suit its individual requirements. Superfatted soap can be used at all times, but care must be taken not to use common soap often. If used too frequently soap removes the oily secretions, and leaves the skin dry and liable to crack and to become irritated. Barilla ash soap may be recommended as one we have found most suited to the tender skin, and it should be kept in view that a strong soap is most hurtful to the skin. After the morning bath the child's body should be carefully rubbed with pure warm olive oil or melted cocoanut butter, if it can be obtained. The back and back of the legs and arms may be rubbed first for a minute or two to give the little body the full benefit of the oil and the exercise; and the surplus oil should be carefully removed with a soft cloth kept for the purpose. The child should then be turned over, and the front of its body and limbs treated in the same way. Fuller's earth should be dusted into folds of skin. Oil rubbing is most valuable. Not only does the process cause the blood to circulate in the most healthful way, and give the skin a tone not to be obtained otherwise, but it also conserves the heat of the body, and greatly lessens the danger of colds. Children so treated thrive in a most wonderful way, and miss all or most of the ailments from which most children suffer. The

following rules should be committed to memory:—

- Don't bathe a child in a cold room.
- Don't expose the wet skin.
- Don't use strong soap, nor any soap oftener than once a week on the body.
- Don't use soap on an infant's face.
- Don't miss the folds of the skin.
- Don't give a bath within an hour after a meal.
- Don't let the bath frighten the child—rather wash him piecemeal.
- Don't forget to be guided by the child's condition and inclinations as to the duration and temperature of the bath.
- Don't forget the oil rubbing.
- Don't grudge the price of a reliable bath thermometer.
- Don't omit to wash baby's mouth every morning with a bit of soft muslin dipped in tepid water and wound round the finger.

NURSERY HINTS.

THE AIR OF THE NURSERY

must be pure, and neither too cold nor too hot. Impure air is a fertile cause of chest diseases and diphtheria, and a predisposing cause in all infectious diseases; and an infant is less able than an older person to exist in such air. Therefore the air of baby's room must be pure and sweet, while draughts must be avoided as far as possible. The following recommendations should be carried out:—

The room in which baby lives should have a fire burning summer and winter.

The temperature should be 65 degrees the first few days, and 60 degrees thereafter.

If possible a continuous inflow of fresh air should be obtained without danger from draughts.

If this is impracticable the apartment should be frequently flushed by throwing door and window open, baby in the meantime being well covered, or taken into another room.

The smaller the room, the more persons in it, and the more gas consumed, the more frequently is flushing necessary.

A draught screen should be placed between baby and the door or window.

The following truths should never be forgotten:—

If the nursery is overheated, baby's system will become relaxed.

If too cold, baby's vitality will be reduced.

If the air is impure, baby will be liable to chest disease.

SUNLIGHT.

The infant's eyes must be protected from too strong light. But sunlight is a potent germkiller, and should be admitted freely into the nursery when baby is absent or if its eyes are sufficiently shaded from the light.

HOW TO LIFT BABY.

Place one arm under baby's hips and the other behind his shoulder, and lift him in a slanting posture. In this way his weight rests chiefly on the hips, and there is no strain on any of the soft bones or muscles. If he is lifted by placing the hands against his side at the armpits the chest bones may be bent out of their natural shape. To lift a baby or a child by the arms should be made a penal offence, as the arms may be dislocated. Babies should not be swung or dandled by their parents much; by others never.

EXERCISE.

Babies require exercise as well as adults; more so indeed. At first the natural motions of infants, and even their cries (when crying does not indicate something amiss), make up the chief means of exercise; when to these is added the oil rubbing already described, the young infant is exercised in the way best suited to its healthy development. For the first year of its life baby should be asked to do no more than drink and eat and sleep. Baby, however, is entitled to enjoy that passive form of exercise which may be called

BABY'S CONSTITUTIONALS.

The question when baby should be carried out into the open air for the first time cannot be answered without considering the state of the baby on the one hand and of the weather on the other. In late spring or summer a reasonably strong child may be carried out at the end of a fortnight provided the weather is fine and the infant well wrapped up. Its first constitutional should not exceed 20 minutes. A child born in spring, autumn, or winter should not as a rule be taken out before it is four or six weeks old. The delicacy of baby's eyes should be as carefully borne in mind as its susceptibility to cold, and the eyes should be veiled from the direct rays of the sun. The length and frequency of baby's constitutionals should be gradually increased. In warm summer weather the more of these baby gets the better will he thrive. Even in winter when the weather is fine baby should have his daily walks, due care being taken to protect him against cold. Baby should be carried in a lying posture for the first three or four months, after which time he may be allowed to sit up for a few minutes at a time if he desires. An important part of baby's necessary exercise is too frequently prevented by an excess of clothing or by too tight dressing. Baby's limbs and chest should have free play, to deny baby this necessity is to invite disease. Baby should often be laid on his back on his mother's knee, and allowed to kick and crow to his heart's content.

BABY'S SLEEP.

Until it is about three months old a baby should spend most of its time in sleep. The things necessary to be attended to under this head are regularity and the absence of light and noise. It will save the mother much future trouble if she trains baby into regular habits from the first. At the same hour every day baby should be laid down to rest after the morning meal, the nursery blinds should be drawn, all noise should be hushed, and very soon baby will acquire the satisfactory habit of falling asleep at once and of remaining asleep until the forenoon meal is due. He should be laid down without giving him any inducements to sleep, such as rocking, crooning a lullaby, or carrying him about the room. If these artificial aids are relied on, baby will very soon demand them on every occasion.

A COT FOR BABY.

In most cases baby should sleep in its own cot after the first week or so; but this is not an invariable rule, and mothers must decide the matter for themselves. The objections to the infant sleeping with the mother are these—the dangers of its being overlaid and suffocated, and the certainty of its breathing impure air. In Germany these evils appear so large to the powers that be, that it is criminal for a mother to sleep with her infant! The disadvantages of baby sleeping by itself arise from the facts—that an infant has very little power of generating heat, and it is difficult to keep it warm during the night when away from its mother's bosom. It must be remembered, too, that an infant has a spirit as well as a body, and it is possible to make provision for the latter at the expense of the former. We have seen an infant brought up by rule so starved in his affections through separation from his mother that she was glad to keep him in her bosom to save his very life. Every mother, therefore, must find out for herself the more excellent way, keeping in view that it is healthier for baby to sleep alone, provided its needs are duly attended to during the night.

SLEEPLESSNESS.

Something is wrong when baby does not sleep well, and that something should be found out and remedied without delay. Among the causes of sleeplessness are pain or sickness, overfeeding, uncomfortable clothing, cold, an excess of bedclothing, hot and stuffy air, the presence of too many people, too strong light. Find out what is amiss, give baby the proper conditions for repose, and he will not long remain awake. Two or three teaspoonfuls of warm—not too warm—water will tend to promote sleep; but nothing else should be given. To give soothing syrups, sleeping drops, or spirits is absolutely dangerous.

BABY'S FOOD.

The stability of a building depends, assuming a firm foundation, upon the quality of the materials of which it is built. An average newly-born infant weighs about 7 pounds, an average adult twenty times as much. The difference is made up from the food eaten. If it is important that a house should be constructed of sound materials, it is surely equally important that a human being, speaking of his physical nature, should be built of sound materials. It is indeed of the greatest importance that the materials used in building the "earthly tabernacle" be wisely chosen, both as to quality and quantity. Yet how few parents understand any of the laws of nutrition, or know why one kind of food is suitable and another is not! We have seen an infant fed until it starved to death.

WHEN IS A CHILD SUITABLY FED?

When it is given (1) neither too much nor too little, but just enough (2) of food, not only good and pure in itself, but (3) suited to the child's age and special constitution. Further on we shall explain these points more particularly; meanwhile these elementary principles should be fixed firmly in the memory.

WHEN UNSUITABLY FED?

If it gets too little food, or too little of the right kind, its growth or development is arrested, and it pines away or grows up diseased, weak, or rickety. If it is overfed, or fed with unsuitable food, its system makes frantic attempts to undo the evil, for the food so unwisely given must be got rid of somehow, and the poor child's vital forces are taxed and wasted in throwing off materials that ought not to have been thrust upon it. Illness is the inevitable result, and death the too frequent conclusion. Keep this fact before you:—Everything that is put into a child's stomach either does good or harm. If you remember this, you will not rest until you are able when feeding your child to say whether you are doing good or the contrary. The object of the present chapter is to help you to do this.

THE USES OF FOOD ARE

(1) to build up and repair the body; (2) to supply the needed bodily heat; and (3) to supply the necessary force for every action and movement of the body. The materials in food which build up the body and repair its waste are called nitrogenous; those which supply heat and force are called carbonaceous. We shall have occasion to use these terms afterwards. Most kinds of food contain both the nitrogenous and carbonaceous elements, but there is only one kind that contains these elements in the exact proportions necessary to sustain life. That food is milk. Milk is therefore considered the model or

standard food. For the first nine months of its life no food should pass into an infant's stomach except its mother's milk. When a mother cannot suckle her child, or where the child is not thriving on the breast, a wet nurse or hand-feeding is necessary. We shall refer to these alternatives farther on. But all mothers should suckle their children if possible; it is healthier and more natural for both mother and child.

HOW TO GIVE GOOD MILK.

As the first portion of the child's life—the portion in which the quickest development takes place—is that in which it depends for its flesh-forming and heat and force-giving material upon its mother's milk, it is of immense importance that that food supply should be pure, plentiful, and nutritious. How are these essentials ensured? Many mothers ensure a plentiful supply of milk by drinking quantities of ale and porter; but as such milk is not pure, such a mode of feeding is foolish. To ensure that baby is well fed, the mother must be prepared to exercise the natural glory of the maternal character—self-sacrifice. For nine months she must consider herself as a marvellous machine for the manufacture of baby's food, and exercise much thought and care in making herself perfect for that purpose.

GENERAL RULES FOR THE MOTHER.

Men do not gather grapes from thorns, nor do infants draw good nourishment from the breasts of ailing mothers. The nursing mother must be healthy. The essentials for health are these:—(1) Fresh Air and Sunshine.—Daily walks in open air, open bedroom windows all night, houses flushed with fresh air all day, the sunlight not shut out for the sake of the curtains and carpet. Better that the carpets should fade than the child's roses. (2) Cleanliness.—Every week at least the whole body should be washed, not omitting the head, with warm water and soap. A cool sponging followed by vigorous towel-rubbing every morning will fitly supplement the weekly wash. (3) Suitable Clothing.—The mother's clothing should be light, warm, and loose, without garters, waistbands, or corsets. The underclothing should consist of woollen combination, flannel bodice, tweed knickers, without petticoats. The combination should be washed every week. Clothes worn in the daytime should not be slept in at night. (4) Regularity in eating, drinking, and sleeping. (5) Rest when fatigued, and sufficient sleep. A nursing mother should be in bed by 10 o'clock. (6) A Cheerful Mind.—This is very important, inasmuch as depression or worry deteriorates the quality of the milk. Let us give an extreme instance, cited by Dr Joseph Cook,

of Boston :—A carpenter was set upon by a soldier before the eyes of the former's wife, baby meantime lying in its cradle. At first the mother was petrified with terror, then, in desperation, she assailed the soldier, who was finally beaten off. Before her excitement had time to pass away the mother gave her child the breast, and in five minutes the infant died. The mother's milk had been turned to poison by her mental excitement. A less degree of mental trouble would exert a less deadly effect on the milk secreted ; still it would exert some effect of a morbid character. Hence the need for continual cheerfulness and serenity of mood in the mother ; hence also the need for sympathy and solicitude, both in kindly action and tender expression, on the part of the husband and father. It may seem strange, but it is true nevertheless, that the quality of an infant's milk depends very much on the state of its father's heart ! Those health essentials being complied with, the mother will, in the usual course of events, be physically qualified to make the most use of her food for her own and her infant's sakes.

THE MOTHER'S FOOD

should be plain—nearly, if not altogether, vegetarian, with fruit in large quantities every day. Good sweet milk that has been sterilised may be taken two or three times a day to wholemeal bread. Peasemeal porridge well boiled and eaten with buttermilk is rich in milk-producing elements. Oatmeal porridge is rather heating, but wheatmeal porridge, or a mixture of wheatmeal and oatmeal, with sweet milk, will feed both mother and child. "Aunt Kate's Cookery Book" may be consulted for a choice of vegetarian dishes. The nursing mother must abstain from alcoholic liquor, swine's flesh, sausages, pastry, seasoned dishes, new bread, fancy or complicated cookery of every kind, fried dishes, tea, coffee, pickles, and all condiments except salt, and not too much of that. Drugs she must not use ; for when she physicks herself she physicks her child. If she is constipated she should live almost entirely on stewed fruits, and use the enema freely. If the mother subjects herself to the foregoing regimen until the time for weaning her child arrives, she can hardly fail to keep baby supplied with an abundance of pure and suitable food.

IF THE MOTHER GROWS THIN.

What should be done if baby is thriving famously at the breast, while the mother is becoming thinner ? As long as the mother's health and strength are normal her loss in weight is no serious matter ; she will make it up after the child is weaned. But if she is becoming weaker she should suckle baby at night only, putting him on the bottle during the day.

WEANING.

The time to wean depends on two things—the condition of the mother, and the condition of the child. If the mother's health continues good, so that she is able to supply sufficient nourishment, the ninth or tenth month will generally be the most suitable time for weaning. The appearance of teeth is Nature's indication that the child is ready for a change of food. If no teeth appear by the end of the sixth month some elements are probably lacking in the mother's food ; in any event weaning should on no account be delayed beyond the end of the twelfth month. About that time the mother's milk undergoes a change which renders it unhealthy food.

If the mother does not continue in good health, or if her milk becomes poor in quality or quantity so that the baby no longer thrives on it, the baby should be weaned.

Weaning should be gradually done if possible. Accustom the child to other food than its mother's milk by degrees, for if the change is suddenly made mother and child may both suffer. The final process should occupy at least two weeks, and plenty water should be given to the baby during that time. When the time comes for taking away the breast from baby entirely, and there is a difficulty in getting his consent to the arrangement, a few drops of a decoction of bitter aloes (which any druggist will supply) applied to the nipples will result in tears and instant capitulation.

After the child has been weaned its food will consist of the same kind of nourishment as it has been getting in addition to its mother's milk, and great care must be taken not to make the food too nourishing or to overfeed. Milk will still remain the staple food until the end of the year, and the other element may be finely ground wholemeal wheat, oat, or barley gruel, or very thin and well-boiled porridge. More water and more fruit should also be given.

When baby drinks too fast it is wise to withdraw the nipple (natural or artificial) from its lips every minute or two. If this is not done its digestion will suffer.

GOSSIPS with GOODWIVES.

Under this title "AUNT KATE" has a chat with goodwives every week in the "People's Journal." She gives useful advice to all who write to her on Household, Personal, or Health matters. All readers may apply to Aunt Kate for counsel in domestic or other difficulties. In the "Love, Courtship and Marriage" column Aunt Kate assists young men and maidens in their love affairs, and aids wives or husbands whose domestic peace is troubled.

HAND-FED INFANTS.

In these latter days far too many mothers are unable to fulfil the duty and privilege of suckling their infants. In many cases there is little or no milk secreted. In many others there is sufficient milk, but, alas! it is not available, for the unnatural habit of wearing corsets has flattened the nipples of the mother, and created an artificial obstacle in the way of the child obtaining its natural nourishment. In such cases there is no question to be discussed—the baby must be fed elsewhere than at its mother's breast. Other circumstances under which it would be better to feed baby artificially are :—

- (1) If the mother is ill.
- (2) If the mother's body is in an unhealthy condition, as disclosed by her weakness, liability to colds, skin eruptions, biliousness, or other plain symptoms. If she nurses under such conditions her own health will improve, but the infant will be poisoned.
- (2) If the mother has serious cause to suspect that she is of a scrofulous, consumptive, cancerous, rheumatic, or gouty habit of body. If such a mother nurses, her diseased condition of body will be duplicated in her child.
- (4) If, after a time, the child is not thriving at the breast, owing to the poor quality of the milk, in such a case the infant should be given artificial food in addition to the breast food for a time at least, while the mother tries, by attention to her own health and diet, to improve the quality of her milk.

THE BEST SUBSTITUTE FOR THE MOTHER'S MILK.

Asses' milk, which can seldom be had in this country, very nearly resembles human milk in composition; but cow's milk properly diluted is generally the best available substitute. To what extent should the milk be diluted? In the case of very young babies one-half, or even more, should be water; at three months the proportions are usually two parts milk to one part water; and the proportion of milk is gradually increased to about three-fourths at nine months. Many babies are now brought up on sterilised milk. When this is used it is more easily digested, and does not require to be so much diluted with water. A very small quantity of sugar-of-milk and cream should be added—from half a salt spoonful to a dessert spoonful to each bottle.

INDIGESTION IN BOTTLE-FED BABIES.

Very great care and thoughtfulness are required in feeding "bottle babies." It is impossible to lay down rules that will suit every baby. Indeed food that would be perfect for one child would kill another if given long enough. But we will mention here some facts very necessary to be kept in mind. One objection to cow's milk for babies is that it curdles in heavy masses in

the stomach, and is rather difficult of digestion. The addition of water or barley water remedies this drawback a little, but not altogether. Limewater, which is sometimes added, hinders digestion and causes constipation, and may cause stone in the bladder. Oatmeal water and barley water are probably the most satisfactory diluents of the milk. If baby has a tendency to constipation use the oatmeal; if to diarrhoea the barley water. These must be thoroughly cooked, otherwise irritation of the stomach and bowels will result. A little Demerara sugar or honey in water will remove costiveness.

OATMEAL WATER.

To prepare the oatmeal water :—Take two tablespoonfuls of oatmeal to a quart of water; cook slowly about four hours, strain, and add to the milk in the proportions above indicated.

BARLEY WATER.

To prepare the barley water :—Take one ounce of barley to a pint of water; wash thoroughly, soak in lukewarm water 30 minutes, add without straining to boiling water; cook about four hours, strain, and add to the milk a dessert spoonful in the case of a young infant, and a larger quantity in proportion to age.

If the oatmeal water is found to disagree, change for a time at least to the barley water. If the barley water disagrees, change to the oatmeal. If both disagree, use pure water instead for a time.

TEMPERATURE OF THE FOOD.

The right temperature is that of the blood, say from 98 degrees to 100 degrees F. The use of a reliable thermometer is the only safe mode of preventing mistakes in the temperature of baby's food. When in doubt about what the temperature of the food is, rather give it considerably too cool than too hot. The water added to the food should in all cases be boiled before use; the milk should be sterilised. A sterilising apparatus can be got from an ironmonger. The sterilising is necessary to kill the disease germs which both water and milk absorb from the air. Breast milk is free from atmospheric germs, because it reaches baby's mouth without coming in contact with the air.

INTERVALS OF FEEDING.

The quantity of food and the intervals of feeding are matters of great importance. No hard and fast rule can be laid down to regulate either point; but it should be kept in mind that at least three-fourths of all the children who die in infancy in this country are sacrificed to fond and foolish overfeeding. If the food is not made to sweet, and the child is fed regularly and no

tempted to eat when not hungry, or given the bottle to soothe it when crying, the child's demands will generally be a safe guide. To begin with the bottle may be given every two hours, increasing the interval until at three months the bottle is given every three hours. When a bigger drink can be taken the interval may gradually be lengthened to four hours at six months. The quantity of food at each meal may be from half a bottleful for the first three months to three-quarters at six months, and a whole bottle at nine. During the night baby may have two meals at first, but the sooner he is persuaded to be satisfied with one night meal the better.

MISCELLANEOUS HINTS.

Baby's bottle must be kept scrupulously clean, and the food freshly put in at each meal. It is well to have two bottles, one being kept in steep while the other is in use. Bottles with the long tubes are difficult to keep clean; those without tubes are to be preferred. Choose dark-rubber nipples, for white rubber is less pure. The hole in the nipple should be small, otherwise the milk will come too fast and cause indigestion. While being fed baby should be held in a semi-erect position (like a breast baby). After feeding, baby should be encouraged to sleep; if awake it should be jolted as little as possible.

HOW TO WASH BOTTLES.

The bottles should be washed with a bottle brush in very hot water and soda. Then rinse them in pure cold water, and allow them to lie in cold water until required. The teats are cleaned in exactly the same way with a teat brush. Bottles with long tubes are unwholesome, as it is impossible to keep them clean. The old-fashioned feeding-bottle is the best.

IF MILK DISAGREES,

then is the time for the mother or nurse to exercise her intelligence, and by so doing save herself and baby much needless suffering. It is just at this point that a lamentable "slaughter of the innocents" takes place, as we can testify from our own observation. What happens in such cases is generally this—baby is given his food a little too strong, or too hot, or in too great quantity; or perhaps the little stomach does not all at once become accustomed to a change in diet. Whatever the cause may be the stomach rebels, and a physician is called in, who generally recommends two or three days of barley water alone.

TRY WARM WATER.

Baby's stomach is upset, and above everything it requires rest. The stomach has vomited up the food just given, and a certain amount of digestive energy has been spent. To give more food at once is to

take the stomach at a disadvantage. Give it rather four hours' rest; and if baby is hungry in the meantime let it suck pure warm water unsweetened or barley water. If there is serious stomach derangement give nothing but the water for twenty-four hours, or if it be necessary, for three times this space. We have seen an infant—whose stomach had been weakened by senseless experiments till it could retain no food of any kind—brought back from the verge of the grave by keeping its body warm and feeding it for five days on warm water alone, until by the rest the stomach had recovered a little strength. Then a teaspoonful of milk was put amongst the water, and the dose gradually increased. A baby who is kept warm, and given as much warm water as he wants, will take a long time to starve to death. When, therefore, a baby vomits, nature's indication that he has had too much food should be obeyed, and the next meal should be given after a four hours' rest; moreover, it should be rather less in quantity and in strength than the meal which upset the baby's stomach. Dr Andrew Combe says—"A single ounce of milk well digested will yield more nourishment than double the quantity when it oppresses the still feeble stomach."

SHOULD BABIES EAT FRUIT?

After baby has passed his third month a little fruit every day will be found beneficial in purifying the blood and keeping the bowels in good order. Be careful that the fruit, especially if raw, is sound and perfectly ripe, without being over-ripe. For constipation and "hives" fruit is the best medicine. To scrape the inside of a sweet apple or pear with an egg spoon is a safe mode of feeding; a baked apple may be given in the same way. A good juicy pear may be pared, and put whole into baby's hand to suck. As long as the fruit is globular and too large to go into the mouth there is no danger of choking. More fruit may be given as the child grows older, and sound, ripe strawberries or bananas, the insides of gooseberries, grapes without stones or skins, and the juice of a sweet orange are all suitable and wholesome. Fruit should be given as food, not as an addition to a full meal. With some babies raw fruit does not agree; in such cases a baked apple or the pulp of a well-stewed prune should be substituted.

Annie S. Swan,

S. R. Crockett,

Mrs J. K. Lawson,

Miss Adeline Sergeant,

And all the Best Writers of Serial Fiction, are regular contributors to the *People's Friend*.

THE WET NURSE.

Though rather a rare phenomenon in this country, the wet nurse is occasionally seen, and she therefore merits a place in this handbook. There can be no doubt that a really suitable wet nurse is the best substitute for the mother when the latter cannot suckle her infant. But what is a suitable wet nurse? Here are her essential characteristics :—

1. She should be the mother of a healthy baby corresponding in age to the one she is to foster. If there is much difference between the ages of the babies the milk will be unsuitable.
2. She should herself be in good health, and free from any taint of consumption, scrofula, or other disease, and also from any deformity.
3. Her menses should not have returned, for when these are present the milk is poor in quality.
4. She should be of at least average intelligence, and of more than average patience, cheerfulness, and serenity of mind. The danger of nursing when influenced by anger and other violent emotions has already been explained.
5. She must be conscientious and unselfish, sacrificing her own appetites for the sake of the children under her care ; and docile enough to obey cheerfully the rules laid down to regulate her diet and mode of life. If she is not quite conscientious she may fail to mention any fact bearing on her fitness as nurse.
6. Baby's tastes should be respected. If baby shows a decided aversion from nurse this indicates that the latter's constitution makes her an unsuitable nurse for the little one.
7. Of course the wet nurse must be an abstainer.

While the wet nurse need not be of the same age as the mother, there should not be much discrepancy between their years. Moreover, there should not be any great dissimilarity, physical or temperamental, between mother and nurse. For instance, a plump little nurse should not suckle the child of a tall, thin woman. The nurse, of course, should not resemble the mother in delicacy of health.

After the nurse is employed, however capable she may be, the mother should remember that the responsibility for the care of her offspring rests on herself. She should, therefore, take an affectionate superintendence of both the nurse and the baby. In particular, the nurse should not be allowed to give baby any drugs or sedatives to save herself trouble.

THE NURSEMAID

is sometimes an indispensable member of a working-man's household where the mother has so much to do that she cannot afford time to give baby the outdoor exercise he requires. She must be perfectly trustworthy, and take a real pleasure in looking after her charge. She must be docile and teachable, and yet intelligent enough to act with common sense in the hundred and one circumstances which will call for the exercise of that uncommon quality when her mistress is not beside her. Her manners should be refined, for these will form part of baby's unconscious education. She should be neat-fingered, for an awkward girl makes a dangerous nurse.

Young girls should not fondle or dandle baby oftener than is necessary. One of the greatest of living physicians says :—"Half a dozen different persons handling the child during its nursing period do it a great deal of damage, many times robbing it of its strength. Especially is this true where girls between twelve and fifteen, who are sisters to the babe, have a good deal to do with taking care of it. Girls at that age are always vampires—they live upon everything they can touch. Dancing and rocking, and cosseting and handling a babe, they can make it just as nervous and fretful as one can imagine ; derange its digestion and constipate its bowels ; make it feverish, sleepless ; make it cry by the hour, and the more they tend it, and the harder they work to make it quiet, the worse off will the little thing be." All this may appear nonsense to people who believe in nothing they cannot see ; but we are not quoting theory but proved fact. And the converse of what we have quoted is equally true ; a nurse of maturer age who has magnetic force to give will often soothe a restless child to instant sleep by merely taking it into her arms. The moral of all this is—that the mother when not herself nervous or weak should be her own nursemaid ; or, failing her, should, if possible, have as nurse one who has passed the period of girlhood.

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WHAT ABOUT VACCINATION?

By the law of Scotland it is enacted that every infant must be vaccinated within six months of birth. The penalty on guardians for non-compliance is a fine not exceeding £1, with expenses in addition (which usually amount to as much as the maximum fine), or, in default of payment, imprisonment for not longer than ten days. Contrary to the just rule of law—that a criminal cannot be tried—not to say punished—twice for the same offence, an anti-vaccinator may be punished every six months for non-compliance until the child completes pupilarity. It is therefore a serious matter for a parent of limited means to defy the vaccination laws. Nevertheless, there is a section of the community who refuse at all costs to have their children vaccinated, and there are Vaccination Leagues in many parts of the country which exist for the purpose of defending anti-vaccinators and bringing about a repeal of the Compulsory Acts. The vaccination question is one of the most fiercely fought controversies of the day. It seems extremely difficult for a person unversed in medicine and unskilled in figures to have an opinion really his own on the point. It may be useful to indicate the opinions advanced on either side, leaving readers to draw their own conclusions.

THE CASE FOR VACCINATION.

Dr John C. M'Phail in his "Vaccination Vindicated" maintains that the question is purely statistical, and his book is written to prove by statistics that vaccination is practically a perfect preventive of smallpox—and the only one. He gives some remarkable statistics, and his book is a very convincing array of facts tending to prove that vaccination is the greatest sanitary benefaction of modern times. Dr Chevasse says:—"I consider it to be one of the greatest blessings ever conferred upon mankind. Smallpox, before vaccination was adopted, ravaged the country like a plague, and carried off thousands annually; and those who did escape with their lives were frequently made loathsome and disgusting objects by it. . . . My firm belief is, that if every person were every seven years duly and properly vaccinated smallpox might be utterly exterminated." Professor Sir T. Granger Stewart, M.D., of Edinburgh University, writing in a magazine in 1896, pleaded for compulsory repeated vaccination. In short, nine-tenths of all the drug doctors in the kingdom believe it would be a boon to have every human being periodically vaccinated. Vaccination is usually done when the child is three months old.

THE CASE AGAINST VACCINATION.

Alfred Russel Wallace, LL.D., D.C.L., F.R.S., &c., the eminent scientist, in his "Vaccination a Delusion: its Penal Enforcement a Crime," claims to have proved that all the official statements as to vaccination are untrustworthy. He says—"I feel confident that every unprejudiced person who will carefully read these few pages, and will verify such of my statements as seem to them most incredible, will be compelled to come to the same conclusion." Dr Charles Creighton, the eminent dermatologist, in his article on "Vaccination" in the current edition of the "Encyclopædia Britannica," claims to shew that the conclusions drawn from statistics by orthodox physicians are erroneous. The circumstances under which his article was written are remarkable. Entrusted with the task while yet a believer in vaccination, the investigations he had to make to fit him for writing the article threw a new light on the matter. He therefore wrote to the publishers explaining the change in his views, and offering to relinquish the undertaking. This fact shows the effect of increased knowledge on a scientific investigator. Mr Herbert Spencer in his work on "Education" advances the suggestion that the vaccine illness is a cause of physical deterioration. Dr Allbut in his "Every Mother's Handbook" (Simpkin Marshall, 1s 6d), says:—"Should a mother be compelled to have her child vaccinated? I unhesitatingly answer—'No.' . . . Vaccine lymph . . . though not entirely useless as a preventive . . . has in many ways disappointed even its own advocates; and has been the means of introducing into the system many loathsome and deadly diseases. . . . I feel strongly on this point, because, in a large consulting practice, extending over many years, I have encountered numerous cases of disease . . . which I could trace to no other cause than vaccination."

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TEETHING AND ITS TROUBLES.

The period of teething is an important and critical one in baby's life, and is one during which special care and watchfulness on the part of the mother are demanded. Yet teething is a natural process, and where a child is born of healthy parents, and rightly brought up during the months of infancy, the teeth should make their appearance without causing any trouble to the child. We have known such cases—in which the teeth were cut at the proper intervals without any preliminary disturbance to indicate the dentition.

WHEN TEETHING BEGINS.

The period when teething begins varies. Infants have been in rare cases born with teeth; others have remained toothless for a year or more. But these are extreme cases, the first teeth being usually cut about the sixth or seventh month. The process usually occupies two years or a little longer, the teeth being cut in pairs or groups, with intervals of rest between. There are twenty temporary or milk teeth, and the following table shows at a glance the usual order of their appearance and the intervals of rest :—

TABLE OF USUAL PERIODS OF TEETHING
(MILK TEETH).

Teeth.	Months.	Interval.
The two middle teeth in lower jaw, ..	6 or 7	3 to 9 weeks.
The two middle teeth in upper jaw, ..	7 or 8	6 to 12 weeks.
These four teeth are called <i>central incisors</i> .		
The two upper lateral incisors (1 on each side of the central ones), ..	8 to 10	
The two lower lateral incisors,	9 to 15	3 to 6 months.
The two front molars, grinders, or double teeth in upper jaw, then the same in lower jaw,	12 to 15	3 to 6 months.
The two lower canine or eye teeth, then the two upper ones,	16 to 24	2 to 3 months.
The two back molars in lower jaw, then the two in upper jaw, ..	20 to 30	

TROUBLES OF TEETHING.

Few children cut all their teeth without some disturbance to their ordinary health. At the successive periods of cutting, Nature puts forth unusual efforts of vital force, which force is sometimes carried by the untrained nerves in the wrong directions. In one child head troubles will result; in another the stomach or bowels will be affected; a third may be seized with teething convulsions; a fourth with skin disease of some kind.

SLAVERING OR DRIBBLING

acts as a safety valve in several ways, and only calls for attention in the matter of "bibs." These must be changed frequently, otherwise baby may become chilled and suffer from cold or bronchitis. A waterproof "bib" is useful here, preventing the clothes from being wet.

PAIN IN THE GUMS

is often relieved by gently rubbing the gums with the forefinger. A rubber ring is also soothing, and is one of the undoubted requisites of every teething baby. A bone or ivory ring will tend to harden the gums, and should only be used when the teeth are just about to cut through the gums. A tough crust of bread is an excellent gum-stick, but demands constant vigilance to obviate the danger of baby choking on it. A drop or two of lemon juice, white vinegar, or alum applied with the finger will allay irritation and facilitate cutting. This means should be adopted several times a day to help cutting where necessary. Lancing should not be resorted to at all.

HEAT IN THE MOUTH

will be allayed by giving an occasional spoonful of cold water.

DIARRHŒA

is another safety valve which should not be suddenly checked. It prevents brain troubles or convulsions. If the bowels are merely relaxed nothing should be done, as this condition is favourable; but, if there be actual diarrhœa, it should be stopped at once. Diarrhœa is the most fatal of children's ailments. An injection of one to two tumblers of cool water (70 degrees F.) with an enema will be efficacious.

CONSTIPATION

will be relieved by a teaspoonful or two of liquorice juice or warm water and treacle, or the pulp of a well-stewed prune (or banana, after teeth have come). Demerara sugar, honey, or syrup also aid constipation. If, however, the child is uneasy on account of its constipated bowels, an injection of half to one pint of warm water should be carefully given. Three-quarters of a pint may be used to wash the bowels thoroughly in a six-month child. Ninety degrees F. is a suitable temperature. Colic will be relieved by similar injections.

FEVERISHNESS

should be relieved by a warm bath, followed by cold body and head compresses, the feet being kept warm.

SKIN ERUPTIONS

sometimes appear during teething. The treatment for these is to regulate the stomach and soothe the skin. Use no soap, and as little water as possible. Dust with drying powder, such as fuller's earth.

FRACTIOUSNESS

during teething should be treated by the means which common sense will suggest. Remove the cause as far as possible. Reduce the feverishness, give warm baths or sips of cold water, rub the gums, but do not coax baby to be good by giving him food when it is not needed.

TOOTH COUGH,

arising from a slight irritation in the air tubes, should not be checked by dangerous cough mixtures. Equal parts of pure honey and lemon juice mixed, and a teaspoonful given from time to time will relieve.

ULCERATION OF THE GUMS

calls for brushing with glycerine and borax, and the opening of the bowels by warm injections as in constipation.

MORE SERIOUS TROUBLES

arising out of teething, such as convulsions and brain fever or inflammation, are dealt with in a subsequent section of this Guide. The chapter on symptoms should be carefully read. Nothing tends to promote easy dentition more than a nightly warm bath followed by gentle oil rubbing of the whole body and limbs. Pure olive oil or coconut butter should be used. In all teething derangements, whether serious or trifling, the child's diet should be very sparing. If the teething is unusually delayed a rickety condition may be suspected, and the child's dietary may require to be amended by the inclusion of a greater proportion of bone-forming food (whole ground wheat, oatmeal, or barley, with baked apples and other fruit; white bread, gravy, sweet cakes, confections, and other unsuitable foods being rigidly excluded).

BRUSH THE TEETH.

Baby's teeth should be cleaned daily with a badger's hair toothbrush and tepid water. Timely attentions of this kind may prevent future trouble from decay of the teeth, and even the permanent teeth will reap the benefit.

LEARNING TO WALK.

Healthy babies essay the art of walking sometime between the ninth and the eighteenth month. They should by no means be encouraged to attempt walking. Nor should they be allowed to stand much supported by a stool, or chair, or otherwise. Bow-legs are a frequent result of untimely physical ambitions of this kind. The earlier the baby attempts to stand the more it must be discouraged—a difficult problem in the case of a “stirring” child. Give it some plaything that will absorb its attention while sitting, or take it out into the open air. When the child is really strong enough on its legs to walk or stand steadily these precautions may be gradually relaxed. But a baby should not be taught to walk. It will walk soon enough when it does so of its own accord.

WHY DOES BABY CRY?

This is a question which puzzles many young mothers sometimes. Baby has “no language but a cry” to express its desires, and every mother soon distinguishes between the cry of desire (the cry for something) from that of pain (the cry at something). The cry of desire is fretful and continued; that of pain is either a moan or shrill and sharp. Some babies who have careless mothers are not attended to until they cry, these develop into crying children, and unconsciously revenge themselves. A baby in comfort never cries—it crows with joy, the rightful heritage of every infant. Prolonged crying is dangerous, it may cause rupture or a fit.

Baby may cry because he is hungry or thirsty; because he wishes his napkin changed; because his skin has not been kept clean, and is fired in consequence; because his clothes are too tight or otherwise uncomfortable; because his position should be changed; because he is too hot or too cold; because he is colicky or flatulent; because he is sick; because he wants sympathy or company.

Find out the cause. If baby's feeding time is not due do not give the bottle or breast, for it is more likely to be thirsty than hungry. Give a few spoonfuls of cool water. If baby has colic or wind put his feet in warm water, lave him over the belly and legs, and rub the stomach and the small of the back, also give two or three spoonfuls of warm water. Colic is caused by something wrong in the food or mode of feeding. If baby is on the breast, the mother's food needs looking to; if on the bottle, some change is necessary. It may be that baby is feeding too fast. If this is so, when feeding remove the nipple from its lips frequently. Most baby illnesses are due to over-feeding—too much food or too frequent feeding.

In all illnesses it is a safe plan to give baby an enema of warm water, using a special child's nozzle, well oiled. Insert it carefully and gently. Babies sometimes cry because they are unable to fall asleep—a condition often arising from the nursing mother's tea-drinking habits. A warm bath or sponge will soothe, or a sip or two of warm water.

Never give a crying baby paregoric, soothing syrup, alcohol, or any other drug. All these things do irreparable mischief; they cause insensibility, and often death, not sleep.

BREATH GOING AWAY.

Some children on trying to cry are prevented by a temporary stoppage of their breathing, which sometimes lasts so long as to be very alarming. Some nurses slap or spank the child in such a case; but this is

unwise, as it only makes the crying more difficult. The best thing to do is to place the child on the knee, sitting up, and allow it to regain its breath in a natural way. Children of this kind call for much careful looking after, to prevent as much as possible any fall or other accident which may cause this trouble. The matter is seldom serious, though there is always a strain on the child. It tends to increase until the child reaches its third year, when it decreases gradually until it disappears.

WHY DOES BABY NOT THRIVE?

If the child is healthy at birth, and fails to thrive well afterwards, there must be something faulty in its management; and it is seldom that nursing errors go singly. (1) In nine out of ten cases the child will be overfed or fed too frequently; in the remaining case the food will be deficient in nutriment. Some violation of health laws will be at the root of the matter. If not in the feeding it may be that (2) baby does not get enough fresh air (all the air it breathes should be fresh), or (3) it may be disturbed by too much bustle. For the first few months an infant should be allowed almost constant repose. Or (4) its nurse may be of the "vampire" kind mentioned in a previous paragraph (see "Nursemaid"); or (5) the mother may be nervous and weakly, in which case baby will be defrauded of the magnetism required for its development; or (6) baby may be overdressed, underdressed, or dressed too tightly; or (7) not kept clean; or (8) fed, washed, and put to bed at irregular times. The causes, whatever they may be, should be sought out and removed, and both mother and child will be saved much future trouble.

BABY'S RECORD.

It is useful and interesting to keep a record of baby's doings, and the following ought to be noted. By and by baby will be saying, unconscious to himself, many amusing things. These will be quickly forgotten unless they are written down as they occur.

Weight at Birth	
Weight at 6 months	
Weight at 12 months	
Height at 12 months	
Date of Christening	
Date of Vaccination	
First Tooth	
Able to Stand	
Able to Walk	
First Word Spoken	

IF AN EXPLANATION

Is wanted of anything in this book, or any supplementary information, write to Aunt Kate, at the *People's Journal* Office, and you will get a reply in her "Gossips with Goodwives" or "Health without Medicine" Column.

EARLY MENTAL GROWTH.

During the infant's first year its body and mind should be allowed to enjoy the conditions most favourable to healthy growth and development, and Dame Nature will do the rest. What are these conditions? In infancy the growth of mind and body is but one process, and the agents in the process are the five senses. Baby lies on its back and kicks, and in the process assists the growth of its body and learns something about itself and surrounding objects. Its healthy inquisitiveness causes it to grasp at every object it sees, and, in so doing, it not only strengthens its muscle and trains its eyes, but acquires unconsciously a marvellous acquaintance with the properties of things. It takes delight in listening to the sounds it hears (as long as these are gentle); and, in half the time its father would require, it picks up a language.

Let us ask again—what are the best conditions for this twofold development? They are found in the "happy medium" between the two extremes of over-stimulation and neglect. If the child is left too much to its own resources; if it misses the tender talks which it understands better than we dream; if it is not taken out of doors and shown horses and birds and trees and people, it will be a dull child. It will never in future years make up for the loss of the joyful exercise of its faculties which is the main factor in its development. On the other hand, if it is unduly excited, especially during the earlier months, by forcing it to see too many new objects, or to listen to too much talking, the strain on its attention will injure its brain and nervous system. A little common sense will indicate where to draw the line between the two errors.

For the first six months at least all children should be allowed to lay the foundations of a sound brain and nervous system by freedom from all loud noises, protection from the fond but injurious attention of other children, and encouragement to take abundant sleep. Besides these negative conditions positive ones are necessary. These are the mother's caresses and lullabies and smiles, and that mysterious magnetic force which accompanies these—a force which is unconsciously imparted by all large-hearted souls, but is most potent in the case of the mother herself when she is a mother indeed.

One word of much-needed counsel may fitly be given here—don't talk to baby in pigeon English. Baby has to unlearn all the "bad language" taught by its fond but foolish mother; therefore let a horse be a horse, a cow a cow, an engine an engine, and do not talk about gee-gees, moo-coos, and puff-puffs. Let your words be simple, but correct.

EARLY MORAL TRAINING.

begins at birth. Just as baby needs abundance of fresh air for his physical health, he needs for his moral well-being to live in an atmosphere of gentleness, kindness, and love. Like the offspring of tigers and lambs, infants are early influenced by their surroundings. A bad-tempered mother or nurse will cause a baby to become peevish and suspicious instead of joyous and trustful.

GOOD EXAMPLE,

taking the form of patience and kindness, is the earliest influence which moulds for good the infant's disposition. An infant who basks in the sunshine of a wise mother's love during its early months will be more easily trained afterwards than one who has been neglected.

OBEDIENCE.

The first positive duty a child should be taught, and perhaps the only duty that it can be taught in its first year, is that of obedience. Theoretically every child should be disciplined into unquestioning obedience before it is a twelvemonth old. Practically this is not easily accomplished, but it should be patiently attempted. In this more than most things "a stitch in time saves nine."

HOW CAN OBEDIENCE BE TAUGHT?

(1) By freedom. Let baby have full freedom to act upon his instincts so long as they are harmless and proper. For if baby is needlessly checked, a spirit of rebellion will be fostered before the child knows its right hand from its left. (2) By consistency. Do not be firm at one time and lax at another. Baby will soon learn when to expect the reins to be tightened, and if his calculations are upset the effects of previous firmness will be undone. A child soon learns to despise the commands of a vacillating parent. (3) By firmness. This point needs no explanation. If a child is taught obedience from the first, and if the commands set for it to obey are moral and right, it will act morally from habit. Moral training comes before moral teaching in point of time. The latter supplements the former by giving reasons, and discipline is shown to be wise. But without training teaching is soon forgotten; much of it indeed fails to make any impression on the child's mind.

CHOOSE A MIDDLE COURSE.

It is not easy to allow just the right degree of freedom on the one hand, and to exercise authority just when it should be exercised on the other. Yet an error on the one side or the other may be fraught with grave consequences to the child. Give too much freedom, the child grows up selfish and self-willed; give too little freedom, the child grows up impatient of its claims, and becomes weak-willed. Indulgence "spoils" the child, tyranny breaks its spirit. Steer the middle course.

PUNISHMENT.

The penalties for disobedience should be those which naturally follow the offence. For example, baby insists on touching a boiled egg. If the mother says "Don't touch," at the same time placing the egg out of reach, the action appears to the child arbitrary and tyrannical; but if the mother says "Don't touch," leaving the egg within reach, the baby touching the egg learns by experience the wisdom of the warning, and is more disposed to implicit obedience in future. This may seem cruel, but many a child has been burned or scalded to death because its mother had not previously allowed it to burn its fingers.

RELIGIOUS INSTRUCTION.

In the infant's first year this will necessarily be of a rudimentary character; yet most infants may be taught to think of their Maker with reverence, and some with love. Take the infant in arms out of doors, and pointing to the sunny skies say—"Who is in the sky? God. God made you. God is good. These are God's birds," and so forth. Conscientious Christian parents will not be at a loss here; as for parents to whom these adjectives do not apply, to them amplification of this paragraph would be useless. Sow the good seed betimes, the sower of the tares will not linger.

A MARVELLOUS PENNYWORTH.

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PART II.—CHILDHOOD'S YEARS.

Baby has now completed one year of life. Gradually and "without observation" the period of instinct has passed, and baby has become a reasoning being. Physically and mentally there are changes in the child's condition pointing to a less dependent and a more individual existence. Physical sustenance is no longer drawn from the maternal breast, mental pleasures and education are no longer exclusively found in the mother's caress. Baby is learning to walk and to talk, and discovering new wonders every day. The passive stage of life is over, the active has taken its place. Both as regards bodily and mental food baby has found out how to fend for himself. Formerly the parental care was exercised to prevent the little one from starving; but now choking is the daily danger. Food and fire do not exercise the parental soul so much as the cupboard key and the fire-guard. Prevention and not provision is the parental motive. Accordingly, in continuing in a roughly chronological fashion the child's life from the guardian's standpoint, the effect of these changes will be taken into account. But, as in many respects the child's condition and needs will be similar to that of the infant's, and as we have no space for repetitions, the parents of the one-year-old are respectfully recommended to peruse Part I. (if they have not already done so) before reading this and later parts.

CHILDREN'S CLOTHING.

Warmth is the first essential. It is quite true that a child may be "hardened" by exposure (though it is more likely to die); but all hardening is got at the price of some part of the child's development. A tree exposed to the elements on the bleak hill-side becomes hardened—by remaining stunted. It is the same with a child. If it is not given the most favourable conditions for all-round development, nature will make extraordinary efforts to repair the defect; and she can only repair the part by taking from the whole.

WOOL DESIRABLE.

Children require more protection from the elements than grown-up folks do. The outside skin of a child's body (the skin being the exposed organ) is considerably larger in proportion to the size of the internal organs than is the case with the skin of adults; hence exposure will have a

greater effect on the child. All clothing should be of wool, and two thin garments of wool or flannel protect more effectually than one garment equal in weight to the two combined. Clothing should be tight enough to exclude currents of air, but yet loose enough to allow space for a layer of air inside—that is, they should not be "skin-tight." When of the proper adjustment in this respect clothing gives at once greater freedom and warmth.

LIGHTNESS.

Lightness is the next essential. When mothers do not err by hardening, they sometimes err by softening. Their children are not stunted trees, but hot-house plants. It is not healthy to overclothe a child until it is in a constant state of feverishness. The criterion in both cases is comfort. If the child is comfortably clad, it will neither be like a raw lobster because of cold, nor like a boiled one because of heat. Careless parents underdress; foolish ones overdress. As children are very susceptible to cold, so are they to heat.

NOTHING TIGHT.

Fit is the third essential. Clothing should be fastened so as neither to interfere with the freedom of the limbs, nor the breathing or blood circulation. To this end there should be no garters nor waist-tapes. Stockings should be fastened with suspenders, and frocks, petticoats, knickers, or kilts be buttoned to a tweed bodice. The weight of the clothing is thus distributed equally, and no pressure put on any one organ. In civilized countries stays form part of the wardrobes of little girls. The result is that the muscles of the back remain undeveloped, and the internal organs are displaced. Fifty per cent. of the women of this country suffer from womb displacement caused by wearing stays. That women who wear stays should so suffer is but just; that they should inflict like suffering on their children is outrageous.

INFLAMMABLE CLOTHING.

Woollen clothing is not only the best hygienically; it is safest from accident by fire. Many children are seriously or fatally burned through wearing clothes of inflammable material, such as print or cotton gowns or aprons. It is not generally known that flannelette is exceedingly inflammable, and should not be used for clothing.

Young Mothers will find the "People's Friend" Paper Patterns invaluable. Complete Layette Sets at low prices. Baby's First Garments, Shortening Clothes, Outdoor Things, Christening Robes, Sleeping and Day Gowns, Newest Bonnets, Hats, and Bibs for Young Children of all ages.

FOOD AND FEEDING.

As at least one-half of the illnesses of children are due to improper food or intervals of feeding, it is important to have a clear conception of the right thing in those respects. While the baby was on the breast he was under model conditions as to food, for milk contained all the elements necessary to sustain life, and in the right proportions; so that, while the infant's temperature was being maintained, its growth was not being neglected. In fact baby was all right as long as he got nature's food. And the child will be all right if nature is not departed from. For instance, the grains in their natural state contain nearly all the elements necessary, and in nearly the right proportions. But depart from nature, remove from the wheat grain the darker outer part, so that you may have white bread instead of mottled, feed the child on this, and what is the result? This. The white flour is nearly all of starch, which is heat giving only, and not flesh forming as well; consequently the child's organs, brain, muscles, &c., are starved. The child may become plump, but it will be weak and rickety. Nor is there enough bone-making material in lean meat; and therefore, though many parents believe they are feeding their children well when they give them white bread and flesh, such a diet is not only bad in itself, it is starvation.

VEGETABLE FOOD.

Children's food should be farinaceous—that is wholemeal bread, wholemeal wheat, porridge, barleymeal, oatmeal; leguminous—peas, beans, and lentils; with fresh, sound vegetables and fruits; milk, of course, in plenty should be given, eggs in moderation, potatoes sparingly. Leguminous food is nearly all flesh forming, and potatoes scarcely so at all; therefore they should be taken together. Rice, tapioca, corn flour, arrowroot, sago, even when milk is added, are, like white bread and potatoes, deficient in flesh-forming or organic elements.

PLENTY OF PORRIDGE.

From one to five years, then, porridge and milk twice a day, with a diet of stewed fruit and wholemeal bread sops between, should be the child's food. The porridge should be varied between wheaten, oat, and barleymeal; a mixture of oat and wheatmeal is also good. Children's food should be semi-fluid; adults solid. Not until the child is five years old should he be given much leguminous or excessively starchy food. After that age a plate of stewed beans or lentils and potatoes, with a cup of milk, forms a first-class dinner. Children, and younger children especially, should not get too much salt. Grape sugar is muscle-forming.

THREE MEALS A DAY.

How often should a child eat? Three times a day with five hours' intervals, and nothing between. The custom of giving children "pieces" between meals is harmful; drinking milk as a beverage not less so.

How much should a child eat at a meal? If the child has not had its appetite depraved in infancy by giving it too much or too often food it should be allowed to eat as much as it wants, as a general rule.

REGULAR DIET HOURS.

Regularity is an important matter. Give the child his daily three meals at the proper times, with no prospect of a "piece" between, and he eats what he needs. If he eat till sleepy so much the better. Childhood is the body-building age, and a sufficiency of materials is necessary. If after outdoor exercise the child is ravenous before mealtime it will be beneficial to give him a good raw apple, a banana, or a handful of raisins.

PHYSICAL EDUCATION.

We would strongly recommend all thoughtful parents to buy and study Mr Herbert Spencer's "Education," published by Williams & Norgate in the cheap edition at 2s 6d. In that little book the science of education—intellectual, moral, and physical—is reduced to a logical system, and the broad principles of education clearly explained. Mr Spencer perhaps errs in being too utilitarian in his views, but, speaking generally, his book has been the means of transforming chaos into law and order. In short, no one who wishes to master the principles by which alone education can be successfully carried out can afford to overlook Mr Spencer's contribution to the subject. Our own indebtedness to the great sociologist is gratefully acknowledged.

A GOOD ANIMAL.

The fundamental aim of all education, as Mr Spencer points out, is to develop "a good animal." To accomplish this it is necessary that both parents should co-operate, devoting to the task much patience and thought. Especially is it the duty of fathers to make the rearing of their children a matter of at least as much importance as the care of their business or the cultivation of their hobbies or amusements. The education of children is surely of as great importance as these, and it is certainly a matter calling for the best wisdom of the wisest of us. A garden fruit tree left to itself degenerates into a wild tree, and so the art of cultivation is practised to prevent such a lapse. But how seldom is the art of cultivation practised in the case of children! How little are even the rudiments of it understood!

A SOUND BODY.

Perfect health cannot be found in a badly-developed body. Thus, strong lungs are incompatible with round shoulders and a contracted chest. Therefore, all-round development is needed, and to ensure this the child's habits, both during rest and play, should be watched and regulated.

POSTURE

Is important. No slovenly or lazy attitude should be permitted; the earlier children are trained to walk, stand, or sit in correct ways, the less trouble they will give. We do not believe in dancing-school deportment, but a slouching habit is even more objectionable. Gracefulness makes for health and comfort. In walking, standing, or sitting the back should be straight, "the chest out, the belly in," the head well back without stiffness. Eccentricities and excess of motion, as in arm swinging or body rolling, should be pruned down without encouraging stiffness. In running the spring should be from the balls of the toes, not from the flat foot.

EXERCISE

abundant and in the open air is essential. Let the children choose the kind of exercise, because what pleases is most beneficial. Do not interfere unless the exercise is too violent or dangerous, "or troublesome to the neighbours." Speaking generally, no difference should be made between boys and girls as regards exercise. Swimming is one of the best forms of exercise, and should be early taught. Skipping is apt to cause internal displacement, unless taken in moderation. Cricket and golf are good for both boys and girls. Cycling, now so much in vogue, is a much better exercise for girls than for boys, as they sit more erect, and they are less tempted to over exertion for the sake of "showing off." While the exercise in moderation is wholly good for girls, or very nearly so, there is considerable danger of the boy cyclist developing the cyclist's hump, and otherwise distorting his body during the bone-forming period. The disadvantage of this exercise for both girls and boys is that it is not an all-round exercise, and does not develop the body harmoniously, while it tends to monopolise the hours which might be devoted to recreations more suitable in this respect. Barbell exercise and musical drill are capital exercises for indoors. Skating is equally good for out of doors when it is available. The establishment of Boys Brigades is of twofold value, furnishing both discipline and exercise of a valuable kind. Other things being equal, that form of exercise is best which affords the highest pleasure.

SCHOOL WORK.

Physical development should not be interfered with in order that a school-master's grant may be increased. In child-

hood the growth of the body is of tenfold more importance than the growth of the mind. The demands made upon a child's vital energies merely for purposes of body-building are very great, and if these energies are diverted from the general tissues to the brain specially, the result must be disastrous. A child should have no mental tasks set before it completes its seventh year. Indeed a child loses nothing by postponing its school life a year later.

PRECOCIOUS CHILDREN.

The precocious child demands special supervision. Precocity does not imply a large brain, but merely that the vital energies which should be expended in the harmonious development of the whole body are unduly diverted to the brain, which becomes prematurely developed at the expense of the bones, muscles, nerves, and growth. Most precocious children lose their distinctive cleverness by the time they attain to youth; the others die off ere they pass from childhood. Therefore, instead of viewing with pride the evidences of great intellectual activity in a child, parents should consider such a child as in danger of its life, and seek to discourage its desires for mental occupation. Make play more attractive than study or reading. If your means permit, give the child a bicycle, a set of golf clubs, a cricket set, a model yacht—anything that will tend to restore the balance of its growth. A machine should not be used before it is made. In connection with this subject the Health Rules appearing in a later part of this Guide should be carefully studied.

DULL CHILDREN.

The dull child calls for abundant sympathy and patience. Dulness may indicate weak health, possibly defective brain power, probably only slow growth. Sir Walter Scott is said to have been a dunce at school. Give the dull child extra attention without forcing his mind in any way; make up for the discouragements he will meet with outside by greater tenderness at home, and make his path as straight as possible by providing objects of interest, such as attractive books, pictures, and kindergarten toys.

MENTAL DEVELOPMENT.

Here the best that may be done is to put the child in the right conditions, and the mind will develop naturally. Healthy growth is a gradual process, do not force it. We have already pointed out the dangers of encouraging precocity in children, and shown that if brain development is encouraged in very bright children permanent injury results. On the other hand, due development may be hindered by lack of sympathy and encouragement.

MORAL TRAINING.

If wisely set about this will not interfere with physical development, and therefore it should go on concurrently therewith. Training comes before teaching both in point of time and of importance. Children forget much of what they are taught, but training creates habit, and "habit is second nature." "Train up a child in the way he should go, and when he is old he will not depart from it."

AUTHORITY AND PUNISHMENT.

The first requisite is that the child should be brought up in a healthy moral atmosphere. "Example is better than precept." "As the old cock crows the young one learns." "Do men gather grapes of thorns?" "Like father, like son." Without self-discipline the discipline of children is impossible. Parents recognise these elementary facts, and prune their own moral eccentricities for their children's sake; but they are seldom thorough in the process, and their most wide-awake critics are their children. Children will not be fooled, and the parents who try to place their offspring on a loftier moral platform than they themselves occupy will only earn their children's contempt. On the other hand, given the high character in the parents, the children will certainly be influenced for good, though for a time the good example may seem in vain.

PARENTAL AUTHORITY.

Their own conduct being blameless, parents must before all other things exercise parental authority. With the first dawns of reason the infant should be taught the unchangeableness of a parent's yes and no. Prompt and unquestioning obedience should be exacted from every child as the foundation of all moral training. To attain this, never give a command without making sure that it will be obeyed. Even if the command has been injudicious, and the child sees that it is, enforce it, if not wrong in itself. You may then say something to this effect—"My child, I have been hasty in telling you to do this, but you have to obey my commands, not because they are wise, but because they are mine." Any child will see the logic of this. But never argue with a child about a command.

BE REASONABLE.

At the same time parents will undermine their authority if they give unwise commands. Every restriction on a human being's freedom of action should be for some good end; if it is unnecessary, it is tyrannical, and creates mutiny. Therefore let all your commands be reasonable.

CONTROL YOUR TEMPER.

To enforce obedience punishments will be sometimes necessary. It is of immense, and may be of eternal, importance to punish wisely. First, do not let the punishment depend upon your own mood or temper at the time of the offence. If you have not a well-planned code in your mind, the training of your children will be haphazard and inconsistent, and therefore unjust, and will prove ruinous to the unfortunate bairns.

ERRORS OF JUDGMENT.

Therefore get a clear notion of the things a child should be punished for doing or omitting. To do this put yourself in the child's place as often as possible. Its mind is not developed; therefore, do not punish for errors of judgment. Do not expect that its moral views are as clear as your own; therefore, do not punish for moral faults unless you know the breach was wilful. Be at pains to explain right and wrong, and do not punish for a first offence.

DON'T PUNISH FOR ACCIDENTS.

Children should not be punished for accidents unless due to culpable heedlessness. The law does not punish a man for homicide if purely accidental; be equally just to your children. Don't let the consequences of an accident influence you. A child climbs upon a table and smashes a costly vase. If you have clearly taught him previously not to climb on the table, punish him for the disobedience, not for the accident. Use the accident to illustrate the wisdom of the restriction, not to increase the severity of the punishment.

DON'T PUNISH IN ANGER.

Don't punish a child when you are angry. If you are unable to control your own spirit you are unfit to control your child's. Punishments inflicted in passion are not punishments, but revenge. They sow brutality and violence in the child's heart. If, therefore, your child has done something to make you angry, postpone the punishment till you are calm enough to punish justly. Remember you are judge, jury, and executioner rolled into one, and that the child has no counsel and no court of appeal.

NEVER THREATEN.

Never say "if you do so and so I will punish you." Let your child know by invariable experience that every offence will meet its inevitable punishment. It will then, at least, respect your commands.

"A little girl, who persisted in a certain misdemeanour for which she was repeatedly punished, was asked by her mother—'Laura, why do you continue thus to do wrong when you know that I always punish you for so doing?' 'Oh, mamma!' said the little girl, 'one time you forgot.'"

HOW TO PUNISH.

This is a matter of vast importance. The best punishments are those which follow the offence as a natural consequence. For example, your 18 months' old infant is sitting on your knee at the breakfast table, and puts forth her hand to touch a hot egg. If you say "Don't touch that," and at the same time remove the egg, the child will not appreciate the wisdom of the restriction. But if you say "Don't touch that, it is hot," allowing the egg to remain, the child will disobey and burn its fingers slightly. There is no cruelty here, quite the contrary; for the burn will not be more than momentary, while the experience will be lasting, and the child will have learnt that your commands are for her good, and will soon learn obedience; but if you remove the egg she will not understand why, she will only feel a healthy desire frustrated without reason, and perhaps on some other occasion when not under your observation she will scald herself to death with the contents of the teapot. This kind of punishment is more effectual than any other, because the justice of it is easily seen by the child.

AN ANECDOTE.

The following example which is taken from an article by Mrs E. E. Kellogg in "Good Health" (an American magazine) for March 1898 is very instructive:—A young lady who had given the subject of punishment much thought was called upon one summer to take charge of her little niece for a few weeks. The first morning after her arrival at her sister's home she heard angry words in the child's bedroom. On opening the door to inquire what was the matter, the nurse said—"Oh, it is just the usual fuss Miss Anna makes each morning over having to be dressed. I am sometimes an hour at it." Further inquiry showed that various means, such as bribing, coaxing, threatening, had been used, but to no avail. Next morning the aunt went into the room and said quietly—"Anna, you can have Mary for just twenty minutes to dress you; after that time I shall need her downstairs." The child looked at her in astonishment, then went on with her play. In vain poor Mary coaxed and argued. The twenty minutes elapsed; the child was but half-dressed. True to her word, the aunt sent for Mary to come downstairs. "But, auntie," called the child, "I am not dressed yet." "Is that so?" said her aunt, "I am sorry; jump back into bed and wait until Mary comes again." In about fifteen minutes the child called out, petulantly—"Auntie, I want to get dressed, I tell you. Send Mary up to me." "I cannot yet," replied the aunt from below, "she is busy just now. Get into bed again, and she will come as soon as she is un-

occupied." Breakfast was sent up to the child by another servant. At the end of an hour Mary came back, and it is needless to say that little Anna was quickly dressed. The next morning the aunt again gave the warning that Mary would be needed downstairs in just twenty minutes. This time the warning took effect, and when Mary was called the child was ready. The following morning the force of habit was too strong, and again came the capricious delay. Again Mary was called, and again the child was detained in her room for an hour. Two or three such experiences, however, were sufficient to break up entirely the habit of dallying.

TACT WANTED.

Discriminate between offences due to wilful disobedience and offences chiefly arising from the irritability of bad health. Many a child does things, such as striking a brother or sister, when irritable, owing to being out of sorts, which he would not do if quite well. Tact is needed in such a case, for, on the one hand, the offence must be by no means overlooked, and, on the other, the extenuating circumstances must be taken into account. One way of dealing with this case would be to remove the child from the others, and endeavour to relieve the physical discomfort in the first case. Then, when he was soothed and amenable to reason, explain to him gently that illness is no excuse for his offence, persuade him to apologise, and then inflict a modified punishment.

THE PUNISHMENT OF DELICATE CHILDREN.

Invalid children must not escape deserved punishment. Parents are sorely tempted to be over-indulgent to ailing children, overlooking their faults and feeding their caprices till the temperament becomes incurably ruined. It is very cruel thus to give the child a double reason for cursing his parents for giving him a weak body and cultivating in him a distorted soul. Tenderness and love towards the sick one can exist with firmness and intolerance as to his faults.

DO NOT BE TOO SEVERE.

The punishment must be effectual, or it will be worse than useless. But the milder punishments are (speaking of punishments directly inflicted by the parents), provided they succeed in correcting the child, the juster they will be, and the deeper appeal they will make to the child's reason.

DO NOT BRIBE CHILDREN.

A very common way of getting obedience is to coax or bribe. This is the speediest way of making the child selfish, self-willed, impudent, and odious in disposition and manner. It trains the child to habits of cunning, and saps all independence of spirit, for the poor victim of his parents' folly soon learns to practise a mock obedience in order to obtain his desires.

MORAL DEVELOPMENT.

What is to be done with the child who tries to have his own way by occasional violent outbursts of rebellious temper? He must at all costs be subdued. This kind of temper is generally due to physical disorder. Be firm. Wait until the outburst has subsided. Explain lovingly the folly of it; punish moderately, and explain that, while the physical weakness allows you to deal leniently, it does not excuse the rebellion. Much firmness, patience, and commonsense are needed in dealing with this kind of patient. Let the children see that you are resolute in punishing whenever the occasion arises, but that the punishing is not done without reluctance and pain on your part. If the punishments are inevitable your authority will be established, if if they are reluctantly carried out you will be loved.

The enforcement of obedience is not the consummation of moral training, it is only the foundation. Obedience consists in subjecting one's will to a higher will, a blessed and eternal subjection when that higher will is God's. But the obedience of a child to its parents is only of temporary obligation; the time comes when the child must steer its own course. Hence parents must not be satisfied with obedience, they must bring up their children to govern themselves. The order is—First, obedience because we are your parents; second, obedience because we ask you to do what is right; and third, right-doing for its own sake. In other words, obedience to parents, obedience to the moral law, obedience to God. Not many parents succeed in enforcing the first; few indeed the second; God alone can make the third possible. But all moral education should aim at leading up to this highest step.

RIGHT-DOING A HABIT.

To be more precise the parent's first task is to discipline his child into obedience, and so make right-doing a habit. From this foundation he proceeds to build up (or rather to superintend, the child's self-building), a character in which the habit of right-doing is in harmony with the inward love of virtue. In the process self-love and self-esteem will be as far as possible eradicated, and benevolence, humility, and self-respect cultivated; the will will be developed, the bloom of innocence sacredly guarded, the temper kept under control, the animal propensities kept in subjection, habits of diligence, order, and thoroughness fixed, and to crown the whole the minor morals or good manners taught.

SELFISH CHILDREN.

Self-love, self-esteem, self-consciousness, and selfishness are the earliest weeds to appear in many children, and the last to be

uprooted. The infant awakes to consciousness to find itself the object of care and admiration by every one in its little world. In its limited field of vision everybody exists to minister to its wants. It very soon tries to rule everybody, and its first displays of temper arise when it finds its wishes disobeyed. Wise parental authority will check these displays at the very outset, and prevent future trouble by a mixture of kindness and firmness. Self-love and selfishness will in some degree be changed into their contrary virtues if the child is early taught to exercise generosity. Persuade it to give up a sweet or other possession to some one else, and reward the act by approving smiles and words (but do not praise, for that will develop self-esteem). After a time the child will unconsciously "learn the luxury of doing good."

ENCOURAGE GOOD ACTIONS.

Children should be encouraged to do rightly, and commended when they try. This will develop self-respect. But do not praise children for saying or doing clever things. Pride and conceit are two very detestable qualities too often sown by foolish parents.

Don't talk about your children's smartness or goodness in their hearing, unless you wish them to grow up insufferable prigs. Don't encourage boasting. If your child is a little farther advanced than his companions, and lets you know he knows it, don't add your approval. Account for any superiority by special advantages, minimise the superiority, and explain that all gifts are from God, and the main thing is to use them well.

MAKE BOYS RESPECTFUL.

Don't encourage the selfishness of boys by making the girls their servants. On the contrary, teach the boys gentlemanliness by making them act as gentlemen at home to mother, sisters, servant, and all womankind.

WANT OF REVERENCE.

The outstanding moral lack of this generation is want of reverence. Develop reverence by insisting on habitual courtesy in the home circle towards all. Don't slam the door in a beggar's face; refuse his demands gently, if at all, so that your children may learn the sin of despising any one.

TRUTHFULNESS.

Teach truthfulness by rigid example, and by putting your children upon their honour by your confidence in them. Said a Rugby boy of Dr Arnold—"A fellow can't tell a lie to him; he trusts one so." If a child is detected in an untruth or deceit, explain gravely and with deep concern the disastrous social nature of the offence and its wickedness. For a second offence let the child know that it cannot be trusted until it has

given sincere proofs of repentance. Then punish in name of expiation, and give the child expressly your confidence once more. Never pass a future offence of the kind.

WILFUL DECEIT.

But distinguish between wilful deceit and imperfect knowledge and expression. Many a child is punished for lying who has committed no moral offence whatever. A child's feelings are intense; its expression of these feelings will be correspondingly highly coloured. "Heaven lies about us in our infancy," and expressions which appear exaggerated to a parent living in "the light of common day" may be a perfectly truthful transcript of the child's mind.

CARE IN COMPANIONSHIPS.

Purity must be carefully protected. Children are ruined for time and eternity by the thoughtlessness of parents as regards the sexual instincts of their children. Young children are allowed to play out of doors with companions concerning whose character a blind, reckless charity is exercised. The consequence is that impurity, vice, and vile words are learnt. In such cases the children are not so much sinners as victims, and their own parents, who protected them not, are their destroyers. Bring the children in ere nightfall, and always know where they are when not in sight. Train them to confide in you by taking an interest in their doings and stories, and so you will be able to perceive whether they are continuing to be ingenuous and simple. One subject is universally interesting. Do not emphasise it by the glamour of mystery. Sooner or later children discover the doctor's pocket theory of life to be false. If the information does not come from their parents it is pretty certain to come from an impure source. Do not let false modesty be the means of your child's loss of innocence. The age when such matters may be explained depends on the child's intellectual acuteness or otherwise, its surroundings, and other circumstances. The tenth year is not too soon. For parents who feel undue delicacy in this direction there is an excellent little book in existence "The Beacon Light: Lessons in Physiology for the Young," by T. L. Nichols, M.D.; (Nichols & Co., London, 1s). When the child has arrived at the suitable period of life explain in an impressively solemn manner that there is one very important truth which must now be learnt. Give him the book on a Sunday, to be read then as a religious duty.

ASSOCIATES AND READING.

Be most particular about your children's associates and reading. Well-trained children will naturally seek out companions of their own kind; but sometimes they will be drawn to one who is admirable in some respects but objectionable in others. The parents' wisdom should supplement the child's instincts in companions. As to reading, the penny dreadful is being superseded by the halfpenny idiotic. The influence of many illustrated prints is entirely bad. To say the least, the ugliness and vulgarity of them is the reverse of refining. What should we give our children to read? There is plenty suitable material for choice—too much to do justice to the subject here. Mr Stead's "Penny Books for the Bairns" are wholly admirable. Dodgson's delightful "Alice in Wonderland" and "Through the Looking-Glass" can now be bought for 6d each. To those who can afford it more enduring editions of the books chosen by Mr Stead may be suggested. R. M. Ballantyne's tales are both enthralling and wholesome for boys or girls. Kingsley's "Heroes" is fascinating and spiritually elevating. So are Dr George MacDonald's fairy tales, of which "Phantastes" is so delightful as to make the man a boy again while he reads it. Mrs Gatty's "Parables from Nature;" Kipling's "Jungle Stories;" Stevenson's "A Child's Garden of Verses," "Treasure Island," and "Kidnapped;" "Tom Brown's School Days," by Judge Hughes; are a few volumes that the elder children will read with fascination and moral inspiration. For periodicals nothing beats "The Boy's Own Paper" and "The Girl's Own Paper." When these are outgrown we will not be accused of undue egotism if we recommend the *People's Friend*, as indeed we scarcely need to.

QUICK TO LEARN.

The natural way of acquiring knowledge is exemplified by the infant's wonderful quickness in picking up the language. A language learnt by grammar and rule is painfully and slowly learnt, but an infant of two has a serviceable vocabulary acquired by using its ears and eyes in its own way. This process is greatly aided by taking an interest in the child's attempts to express itself, and by speaking to it in correct English. Be in no hurry to impart information to children. Train and guide their faculties well, and they will "find knowledge" for themselves. Knowledge so found is retained, because the mind is interested.

THE PEOPLE'S FRIEND

Has a larger circulation and more advertisements than any paper of its class. It grows in favour every year. The whole household likes it; father, mother, and children being all charmed by the excellence of its literary fare.

MENTAL DEVELOPMENT.

Curiosity and inquisitiveness are amongst the earliest signs of mental development, and should be treated as nature's indications of the mental food required. In other words, the child gets his first lessons through his senses, and shows the interest he is taking in his lessons by asking questions. Encourage him to do so. Answer his questions sympathetically and patiently. Develop observation by getting him to find out things for himself. As Herbert Spencer says—"To tell a child this and to show it the other is not to teach it how to observe, but to make it a mere recipient of another's observations." By this it is not to be understood that the child's questions are not to be answered, rather that your answers should be supplemented by other questions which the child is to answer by his own discoveries. The advantage of this is not so much that knowledge self-discovered is retained, while imparted knowledge is likely to be forgotten, as that by means of self-discoveries the child's faculty of observation is trained, and using his eyes becomes a habit.

NO LESSONS BEFORE SEVEN YEARS OF AGE.

The first seven years of a child's life should not be burdened with book lessons of any kind, for they are the years which nature requires for the spontaneous development of limbs and senses. This development is best fostered by giving the child perfect freedom within the limits of right conduct, and extending full sympathy with his difficulties and questions.

THE CHILDREN'S HOUR.

Mental education should yield pleasure. "The Children's Hour," in the evening before tubbing and bedding, during which the father or mother or an elder child tells stories from Scripture, history, biography, or "out of their own heads," or retells fairy tales or allegories, is a happy time for every one concerned, fosters the family affections, and exercises the children's minds in the best way.

CHILDREN AT SCHOOL.

After the child begins to attend school his mental training will devolve more upon the schoolmaster, and less upon the parents. But the latter should continue to take a wide-awake interest in the child's school life. The present Education Acts are not perfect. One of their defects is that teachers are tempted by "the grant" to cram their pupils. The child is thus trained to dislike his lessons, and at the best too much time is given to imparting knowledge, and too little to training the mind. The slow child is often unjustly punished, and his disposition thereby soured. These defects would very soon be remedied if parents as a class kept themselves informed as to their children's school life.

RELIGIOUS INSTRUCTION.

To make such instruction effective parents must practise what they teach; in other words must themselves be religious. Personal religion is not a set of periodical observances, but an habitual attitude of the soul towards God. It is a state of soul which is unchanged whether one be at work or play or rest, and whether it be Sunday or Saturday. It is not a thing which can be taught like history or arithmetic; but a new creation, a second birth, which cannot be brought about without the special operation of the Holy Spirit. Parents, therefore, cannot instil personal religion into their children, but they can be the means through whom God does so. To be such means is not only a parent's first duty, but his or her highest privilege as well. As we write there comes into mind the case of a gentleman who recently resigned the post of a Sunday School Superintendent in order that he might devote the time thus saved to the prior duty of training his own neglected son. To fulfil such a duty parents should do these things:—(1) Live holy and blameless lives themselves. (2) Constantly keep in mind the necessity for their children's conversion, and desire to see this in their early childhood. (3) Pray with and for their children morning and evening, and teach their children to pray naturally yet reverently. (4) Begin with the earliest dawns of intelligence to teach the existence and love of God, and from that by degrees teach that God wishes everyone to be like Himself, and is angry with those who disobey Him and refuse to be made like Him. From this go on to teach them the truth about Christ's redemptive work, and Heaven and Hell, and, concurrently, teach the main facts of Scripture history and biography. (5) Along with their moral training, let this fact be constantly brought forward—that every undutiful or wrong act is a sin, and that every duty fulfilled is noted by God. Teach the children, therefore, to please God. Teach them that goodness is happiness; that the way of transgressors is hard; and that their salvation depends upon their own submission to God. (6) Let the children see that their salvation is more to you than temporal welfare, and gain their confidence and elicit their interest regarding this matter of transcendent importance. It is well to get the children to devote a certain time every Sunday to memorising passages of Scripture, not simply single texts, but complete portions, such as the Sermon on the Mount, the 53d chapter of Isaiah, the 103d Psalm. Some of the metrical paraphrases are beautiful both in teaching and diction. A little at a time will be a pleasure to most children, and the result will in a year be considerable. The influence will be intellectual as well as spiritual, for the

Scriptures contain the best English. This subject cannot be treated more fully here, but parents who are alive to their responsibilities in this direction will find wise and simple counsel in "Training of Children," by General Booth, to be had of most booksellers, or at the Salvation Headquarters, 101 Queen Victoria Street, London, E.C.; price, 1s 6d.

THE CHILDREN'S SUNDAY.

should be longed for as the brightest day of the week. Now the father finds time for his duty of duties, and imparts with care and deliberation the instruction he is too busy to give fully during the week. According to the spirit in which it is conducted, the home Sunday School may either yield enduring pleasure and profit to the little ones, or give them a "scunner" at religious observances. The Bible abounds in narrative and parable of surpassing interest; the "Pilgrim's Progress" is as enthralling as any fiction; Christian biography abounds; the bookshops teem with "aids" of all sorts. Mingle the reading and teaching with suitable hymns and Psalms. Sunday should be joyful, not gloomy with affected solemnity. The very little ones who are too young to learn much of the lesson may be trained to self-control and patience by enjoining quietness and attention during family service; but give them their bricks and picture books at other times. Idleness is the worst thing for them. After children are old enough to sit still they should be taken regularly to church, and catechised afterwards about the minister's message. Even if this should not have an immediate effect upon their souls, it will at least discipline their minds.

PART III.—CHILDREN'S AILMENTS.

There is a widespread heresy which attributes disease to God in defiance of Scripture and common sense. All disease results from the violation of God's health laws. Were those laws perfectly obeyed there would be no disease. In a work such as this it is unwise to recommend the administration of powerful drugs to children. In cases of serious illness parents will call in skilled medical advice, and responsibility for the treatment prescribed will lie with the doctor. Whilst disclaiming any desire to invalidate the position of the medical profession, it may be stated that what follows is the result of a very large experience in the treatment of children's ailments without medicine. If the methods seem too simple to bring about the results desired, we can only point to abundant experience of their efficacy.

HOW TO TREAT FIRST SYMPTOMS OF ILLNESS.

1. Open the bowels by enema injections of warm (not hot) water only. From half-a-tumblerful to four tumblers according to age. (Glycerine irritates). This is beneficial in all cases of illness.

2. Restore the balance of temperature. That is, ascertain by touch whether any part of the body is too hot or too cold. Supply moist heat in the form of flannels wrung out of hot water to the cold parts, and cold compresses to the hot parts.

3. In cases of general feverishness give full warm bath for five minutes, then put the patient to bed with cold compresses on head. Change the compresses frequently, and if the fever increases, put cold compresses round the trunk. A cold or cool bath is frequently useful.

4. In all cases keep the head cool, and the legs and feet warm.

5. In no case of acute disease give the patient any solid food until convalescence, though the illness lasts several days. Frequent sips of hot or cold water may be given at any time.

6. In all cases give comfort. Whatever gives comfort helps to heal; whatever gives discomfort tends to prevent recovery. A young child in high fever, who will object at first to the application of a cold compress, will presently say "that's nice." Such a pronouncement is the best certificate to the efficacy of the treatment.

7. In doubtful cases use warm water rather than cold. Heat facilitates the natural functions, while cold depresses them, and the same result is obtained by the different means. But often a patient cannot afford to be stimulated by cold, vitality being too low. In such a case a tepid sponging will effectually reduce fever, and refresh and relieve.

8. If the patient's temperature is about normal, but the patient distressed, and you don't know what the matter is, don't delay treatment on that account. Do something that will give relief. A mustard and water emetic should be administered if there is sickness without vomiting, and a flannel wrung out of hot water (not too hot), and placed over the stomach and bowels, will afford great relief.

9. Where there is pain hot fomentations are beneficial.

RATIONAL REMEDIES.

When a hygienic physician prescribes a course of treatment, it is understood that the laws of health be obeyed as strictly as possible, at the same time keeping in view that these laws are not quite the same for invalids as for persons in health. The following rules are for the latter:—

RULES FOR PRESERVATION OF HEALTH.

1. Eat 3 meals a day—5 hours between each. Eat slowly. Adults should rise before being quite satisfied, but children should take their fill. Healthy children will not eat too much. Starchy food—potatoes, sago, rice, cornflour, tapioca, &c.—requires extra chewing. Take no liquids with food; they prevent the food being mixed with saliva. Drink liquids after food is swallowed. No milk, sweets, or other food between meals.

2. Fish, flesh, and fowl should be used in great moderation. Soda and baking powder injure the stomach, if used habitually and in excess. Common salt absolutely essential. Pickles, vinegar, salted food, unripe or over-ripe fruit, soured milk, and tin-preserved food in the least acid are not healthy foods. Tea should never be taken oftener than once a day, and then of water freshly boiled and leaves infused for the first time. Three minutes is long enough to infuse tea; if infused longer than 10 minutes it should not be used. Tea and coffee should not be used by children nor by nursing mothers. Milk should be sterilised. To sterilise milk, put it in a tin and the tin in a can of cold water. Bring water to the boil, and let it boil eight minutes. By that time all germs will be destroyed. An apparatus for sterilising can be had from the ironmonger. Hard water should be boiled before use. Keep no food in living apartments.

3. Eat chiefly of farinaceous food and fruit. The best blood-maker is peasemeal in the form of well-boiled porridge. Wholemeal wheat and barley are also good blood-makers. Fruit should be taken as food, not as an addition to meals.

4. Breathe fresh air night and day. The illness and death caused by a foolish fear of draughts are incalculable. Sleep with window open a little in all weathers. Practise deep breathing.

5. Take daily brisk exercise in open air up to the point of healthy fatigue. Remain in sunshine, and let sunshine into house as much as possible.

6. Wash or bathe body and head every day if possible in water either hot, warm, or cold according to condition of health. Bathe whole body and head in hot water weekly.

7. Don't try to "harden" children by exposing them to the elements. Children so hardened retain their health at the expense of the perfect development of their bodies. Children should be warmly clad and protected against changes in temperature.

8. On the other hand children should not be overloaded with clothes. Their activity should not be impeded.

9. Children should be put to bed regularly at an early hour.

RULES FOR INVALIDS.

1. Comfort and cheerfulness. Whatever aids in these respects aids recovery.

2. Repose and quiet. Keep the neighbours out of the sick-room. The surest way to keep a child ill is to have the room full of well-disposed persons conversing about the progress of the disease. A man can object, a child can only fret—and the illness is blamed.

3. Cleanliness, which should be attained at the least trouble to the patient. Use a mild soap, such as barilla ash.

4. Ventilation. Fresh air is essential to the strong man, much more to the sick child.

5. Temperature. Comfort again is the criterion. If a child is allowed to become chilly, there is great danger of severe inflammation somewhere. See that the extremities are always cosy, and the head always cool.

6. Attend strictly to the sick child's food. In acute illnesses no solid food should be given at all; hot water, cold water, or the juice of oranges or grapes may be given. Where food is necessary it should be of the purest, and limited in quantity. Remember (1) the stomach shares the general weakness of the body; (2) a patient in bed requires very little food; (3) if too much is given the weak body is taxed to get rid of it.

7. Keep the bowels open. Use the enema instead of drugs; a special nozzle for children is to be had. Keep in mind, however, that an invalid who is eating little or nothing may not require a motion of the bowels so frequently.

HOUSEHOLD SIMPLES.

Where an opening medicine is required, and an enema is not at hand, a doze of castor oil is safe and speedy (a teaspoonful for children). If speedy action is not imperative a few drops of extract of cascara sagrada will be equally effective, but much pleasanter to swallow and in action. (As different preparations of this drug differ in strength, take the druggist's instructions regarding the doze.) Liquorice stick is a good stomachic and a gentle aperient, and should be kept in the house where there are children. Infants should be given an occasional teaspoonful of liquorice water when constipated; older children should be given pieces of the solid stick to chew. Pure honey and lemon juice beaten together is a good demulcent and cough mixture. Children should be given a teaspoonful at a time to swallow slowly. For infants add a little water.

Hot water is a capital restorative, equal in many cases to brandy.

HYDROPATHIC APPLIANCES.

In applying the water cure the effect of each bath or process should be understood. Hydropathy relieves or cures in these ways—(1) By cleansing the skin; (2) by drawing internal impurities to the surface of the body; (3) by soothing; (4) by stimulating; (5) by reducing the temperature; (6) by equalising it; (7) by adding vitality. Hot water facilitates the bodily functions, and cold water stimulates them, thus the same result is obtained by different means. But while a strong person may be stimulated by cold water a weak person may not. How is one to know when an invalid can stand cold treatment? When in doubt use hot water rather than cold. Another rule is:—No bath should be taken sooner than two hours after eating. We come now to explain the several processes prescribed in this Guide.

THE FULL BATH,

or hot bath, or warm bath, as the case may be, is any vessel in which the patient may be entirely submerged. A tub or ordinary plunge bath may be used. The hot bath should be a few degrees above blood-heat, say 100 or 102 degrees at the most; the warm bath from 90 to 99 degrees. After a warm or hot bath there is a liability to take a cold or chill unless a sponging with cool or cold water follows. For the same reason it is safest to give hot or warm baths immediately before bedtime. Under certain conditions a hot bath restores animal heat, and prevents inflammation following upon chills; it adds vitality; stimulates the organs of the body to healthy action without fatigue; promotes perspiration; soothes the nerves, and predisposes to slumber. It does not weaken.

THE SITZ BATH

Is just a sitting bath, and any vessel large enough to sit in, the legs being outside, will serve the purpose. As the quantity of water required is small, a basin is sometimes used. When taken hot a cold cloth should be worn round the head, and whether hot or cold the feet must be warm. When using these baths the body should be snugly wrapped in a blanket or other covering. Taken hot this bath is a capital substitute for the full bath; taken cool or cold it allays feverishness. It equalises the heat of the body, and is the handiest bath for use in emergencies. It can be used when the patient is too weak for the full plunge bath. It interrupts periodic pains like neuralgia, relieves headaches, soothes the nerves, cuts short fevers, and promotes sleep.

THE HEAD BATH.

The patient sits leaning forward over a basin, &c., containing the water—tepid, cool, or warm—as the case may be. If necessary the head is first washed with soap. The

water is slung over the head with the hands, or poured from a cup; at same time the scalp is shampooed or massaged with the fingers. Whether hot or tepid this is a capital bath for relieving head symptoms of any kind. Taken alternately 1 minute hot and 1 minute cool for 15 or 30 minutes at a time will often entirely banish severe headaches or neuralgia, and cut short serious diseases. After these baths the hair is dried and a light covering worn until the hair is quite dry.

THE FOOT BATH

needs no description. When taken hot the heat should be kept up from a jug of hot water at hand, and a blanket should envelop the legs. This is a valuable bath for relieving head symptoms and restoring vitality.

THE WET OR HEAD CAP

consists of a handkerchief, towel, or other cloth wrung out of cold water, folded triangularly, and placed firmly round the head. The broad part of the cloth is first placed against back of neck, and then the three corners are brought together over the forehead. The whole is then covered with a dry cloth or cap. To be worn when the head is hot, when there is headache or neuralgia, and upon having any sweating treatment, as the sitz bath or the hot or cold pack.

COMPRESSES

are bandages wrung out of hot or cold water as prescribed, and placed round the region of the body indicated. When the kind of compress is not specially stated, a cold compress is understood. Hot compresses should be of some woollen material, such as flannel; cold ones of cotton, linen, or swan down, two or four fold. Outside of every compress a band of flannel slightly wider than the compress should be fixed snugly enough to keep out currents of air, yet not so tightly as to impede the circulation or respiration. The body compress is from 6 to 8 inches wide. Compresses reduce fever, equalise the circulation, and soothe the nerves. The spinal compress should be applied in morning when the patient is warm in bed. Wring small towel out of cold water, fold about four or six inches wide, and place against spine from nape of neck to small of back. To lie on it is the best way. Change when warm, say every five or seven minutes. This is a safe and powerful nerve tonic and a sedative.

THE HOT PACK.

Packs are the most efficacious of all hydropathic processes, and the most difficult to administer properly. Place a macintosh or some old blankets on bed to protect it from wet, then put pillow in its place, and lay down two or three pairs of thick blankets. Next take another blanket large enough to completely envelop the patient

from neck to heels, make it into a roll, pour a jugful of boiling water into the centre, and knead the blanket till it is thoroughly steamed, or saturate it in boiling water, and put it through a wringer. Open it out on the bed, lay the patient, naked, flat down upon it (don't scald him), and quickly bring the ends of the blanket round him. The patient is lying flat on his back, feet close together, and arms close into sides. The secret of good packing lies in the thoroughness with which every part of every blanket is pulled tightly and tucked firmly under the patient. A well packed patient is as firm and motionless as a mummy. After the first blanket is adjusted a hot water bag or bottle is placed at the feet, and after the packing is complete the wet cap (cold) is fixed on the head. Sips of warm water should be given during the pack to induce sweating. How long should the patient remain in the pack? For thirty minutes at least. If he falls asleep in it so much the better, let him lie in it till he awakes naturally.

THE COLD PACK.

The same explanations apply with the exception that a sheet wrung out of cold water takes the place of the hot blanket. In addition to the hot bottle to the feet a four-fold strip of flannel wrung out of hot water is placed across stomach and bowels.

TAKING PATIENT OUT OF PACK.

Have some warm olive oil or cocoa-butter in saucer. Uncover one arm and rub firmly with cold damp bath towel. Then apply the oil, rubbing well in with palm of hand. Dry off surplus oil with an old towel. Cover up arm again. Treat the other arm, and then the remainder of the body, precisely in the same way. Packs, hot or cold, are marvellous blood purifiers, and powerful sedatives and vitalisers.

THE TRUNK PACK,

which may be hot or cold, as prescribed, consists of a compress fixed round whole trunk from under the armpits to above the haunches. (See Compresses, page 31.)

THE LEG PACK

similarly envelopes the legs and feet, coming up as high as the top of the haunch.

LOVE, COURTSHIP, AND MARRIAGE. .

In a column published weekly in the "People's Journal" under the above title Aunt Kate gives practical and sympathetic advice and assistance to young men and maidens in their love affairs. Aunt Kate also in a companion column headed "Gossips with Good-wives" gives really useful advice to all who care to write her on Household. Personal, or Health matters.

THE ENEMA.

In a great many ailments the first thing prescribed is an opening medicine. The colon or large intestine, which forms the termination of the bowels, is in adults from 5 to 6 feet long, and easily capable of holding a gallon of water. It is in the colon that constipation takes place, and the hurtful effects of decomposing matter in an organ of such size may easily be imagined. Hence the necessity for expelling such matter. The method of expulsion usually prescribed has great disadvantages. All opening medicines set up disturbances in the system, and the use of them is always followed by constipation. But there is no necessity for opening medicines, seeing that the colon can be thoroughly cleansed by injections of pure water by means of the enema. Unlike drugs, the enema acts mechanically, by simply washing away the noxious matter.

DIRECTIONS FOR USING THE HAND ENEMA.

Fill a vessel with water which has been boiled, and is still comfortably warm. Soap or oil the bone nozzle; place the suction end of enema in the water; press the ball a few times to eject the air; then, adopting the attitude found most convenient, insert the nozzle in the bowel, and inject as much of the water as the sensations will permit. A special size of nozzle is used for children.

THE DOUCHE, OR GRAVITATION ENEMA,

consists of a metal vessel, about six feet of tubing, and a bone nozzle, with stop-cock. The vessel is filled with water, and hung up at a height of about 5 feet. Allow a little water to run out, so as to expel the air before insertion.

The hand enema is the more portable of the two; but the douche is more thrifty, and can be used with less trouble. For children the former is perhaps more suitable. If the enema has not been previously used there will usually be some hard matter clinging to the walls of the bowel, which will not be removed without repeated flushings, and perhaps a little griping. But after a few days' use the enema may be used without any inconvenience.

Where the remedy is to be applied to children the necessity for it or a nauseous drug should be explained, and the injections given carefully, and with rests, as indicated by the little patients. Very soon the children will ask for an injection when they require it. The quantity of water should be from 1 tumbler to a quart according to age.

DISEASES AND REMEDIES.

BLADDER TROUBLES.

Bed-wetting may be cured by nightly warm sitz baths five minutes, followed by cool ones fifteen minutes. Then cold compress round waist. No liquids within two or three hours of bedtime. Child should be lifted to urinate regularly when the parents retire. Pain in urinating may be relieved by warm sitz baths, or warm fomentations across abdomen.

BOILS

are not common in childhood. They indicate a depraved condition of blood, and are one of nature's modes of throwing the impurities out of the body. They are caused by living in houses with closed windows and by improper feeding. Treatment.—Diet very sparing, principally fruit. Keep the boil constantly covered with compresses containing lemon juice. When coming to a head bathe with hot water. Give nightly hot baths. Keep bowels open by daily warm water injections if necessary.

BRONCHITIS.

Children liable to contract this complaint should be treated on the first indications of a cold. Give warm bath at once, followed by a good warm oil rubbing, and put to bed with flannel nightdress only, too many clothes will just feed the disease. If the child fevers in bed, apply cold trunk compress, renewing as often as necessary. Children liable to this trouble should be warmly but lightly clad with flannel next skin, and legs and arms covered. A brisk, cool sponge and towelling in morning will protect against attacks. The food should be very simple and pure, with a large proportion of fruit. Keep bowels open. Immediate treatment is of great importance in this ailment. If it is allowed to reach the wheezing stage, put a hot bran poultice between shoulders and cold compress on chest. If feet cold, give a warm leg pack.

CATARRH

or "cold in the nose" may be a very trifling complaint, but a child who contracts it frequently demands radical treatment. Chronic catarrh indicates a depraved condition of the nutritive system, and when it gets a firm hold of the system it is very difficult to cure. Treatment:—Cool sponge in morning, warm bath and oil rubbing at night; very strict feeding—grain food and fruit; fresh air day and night; as much open air exercise as the child wishes; keep bowels open. Dress as in bronchitis. Cool head and neck compress at beginning of every attack. A warm bath and a cool head compress given at the outset will often cut an attack short.

CHICKEN-POX.

(See table of infectious diseases). Keep child at home for a few days in a well-aired room. Restrict diet. Bathe body with diluted vinegar.

CHILBLAINS

require treatment to improve the circulation, such as oil rubbing. Allow plenty outdoor exercise; avoid sudden changes of temperature; when cold, warm up by exercise, friction, or hot bath, but not at the fire.

CHILLS AND COLDS

are treated similarly to bronchitis. A warm bath and "off to bed at once" will generally arrest these dangerous ailments at the outset.

COUGHS

are relieved by occasional teaspoonfuls of a mixture of pure honey and lemon juice. For infants add a little warm water.

COLIC

in most cases will be instantly relieved by a full warm enema. Hot fomentations should be applied to the stomach and abdomen while the pain continues. Give very little food the day following an attack, but give hot water in teaspoonfuls frequently. Black liquorice should be given to chew. It is a natural aperient.

CONSTIPATION

in children is generally caused by improper diet. White bread and fine foods, flesh, tea, cheese, &c., are frequent causes. For immediate relief use the enema. To cure the condition whole grain foods (that is, grains the rougher and most valuable parts of which are retained) should be exclusively used with fruit of any kind at each meal. Wholemeal bread, barley porridge, wheat and oatmeal porridge are suitable foods. Liquorice stick is valuable in this condition.

CONVULSIONS OR FITS

are often caused by errors of diet, and children are most liable to be seized during teething. If children are treated immediately the symptoms appear, the fit will, in nearly every case, be prevented. The symptoms are nervous twitchings and startings, twisting of limbs; if asleep the eyelids will be half open, the legs and feet usually cold, while the head and back are burning. To prevent a fit, give the child a warm injection, then put him to bed, pack the feet and legs in hot flannels (wet), and take down the temperature of head and trunk by cold cloths. A lady of our acquaintance had a little boy who was seized with very pronounced symptoms of convulsions, and she prevented the fit by the foregoing treatment. She did nothing but apply hot and cold water from 9 A.M. till 6 P.M., taking no food or rest. In any other hands the child would almost certainly have had a severe fit. We

mention this case as illustrative of the perseverance sometimes necessary, though in most cases the threatened fit will be much more easily "kept off." If the child is in a fit, place him in a bath comfortably warm to the naked arm (95 to 98 degrees); when there inject about a tumblerful of the warm water. When the bowels move change the water, wrapping the child in warmed flannel meanwhile. Again put him in warm water up to the waist, and apply cold cloths to head, spine, and nape of neck. When consciousness returns, wrap him in warm blanket, put him to bed, and let him have a long sleep. Give water to drink, but no food. The child should not remain over 15 minutes in bath, even if still in the fit. In latter case give a "hot pack" and "wet cap." Be very careful and regular with the feeding of a child who has had a fit. (See also Epilepsy.)

CROUP.

Every mother knows the hoarse, thick utterance which points out a "croupy" child; but there are two kinds of croup spoken of as true and false. False croup is caused by some nervous irritation contracting the windpipe, similar to that which causes an attack of "breath going away." Treatment for false croup to prevent the attacks:—Give spinal and back oil rubbing after the nightly warm bath, and spinal compresses before the child gets up in the morning. When a child's breath goes away hold the child in an upright position, but do not shake or thump it. True croup is the same disease as diphtheria. As the disease is fearfully rapid in its course, not an instant must be lost in summoning medical advice.

DEAFNESS

sometimes arises from a weakness of the system in general and of the nerves of the ear in particular, in which case special attention to the general health is needed. It may arise from local inflammation, in which case the wet cap and the throat compress should be applied, and the ears syringed with soft water, first tepid, but afterwards cool. Warm and then cool head bathing is also remedial.

DIARRHŒA

Is sometimes a natural safety valve, and if checked by constipating drugs may be fatally cured. Extra care should be taken of the child's health, the feet kept warm, feverishness reduced, &c. After a week or ten days a tepid injection of one to two ounces should be given. In ordinary diarrhœa and summer complaint give a warm injection to wash out the bowels and cool ones (one tumbler) after each motion. The food and drink should be barley water alone.

DIPHTHERIA.

In all cases the wisest course is to send for a physician. The premonitory symptoms of diphtheria vary with almost every patient, but in all they culminate in inflammation of the throat and air passages.

DYSPEPSIA OR INDIGESTION

is a common children's trouble, and, owing to unwise feeding, it sometimes affects children in a very aggravated form. The treatment is, first rest for the stomach—sips of hot water should be given to wash out the stomach and as food; but after sickness no food should be given for five or six hours. After that barley water for a day, and other foods gradually. But the main thing is—don't give the stomach work when it demands a holiday. Give the children farinaceous food, milk, wholemeal bread, and fruit, and nothing else; as a general thing let them eat their fill at each meal; give them three meals a day, and no "pieces" between, and they will not (unless very weak constitutionally) be troubled with indigestion. Enema injections relieve the trouble, and black liquorice is a good stomachic.

EAR TROUBLES.

See also "Deafness." Earache is generally a symptom of inflammation, and in most cases will yield to the following treatment, which should be repeated on two or three nights if not immediately successful. First warm up the feet by a good hot foot bath, then wash the whole head and neck in comfortably warm water for 10 or 15 minutes, rubbing and kneading the scalp with the fingers in the meantime. Then cool down a little, and adopt the treatment for deafness. A suppurating or discharging ear will be cured by the same treatment as earache. In all such cases the child's general health requires careful attention.

ECZEMA.

See "Skin Eruptions."

EPILEPSY.

Falling sickness or fits may be caused in children by blows, falls, shocks, worms, or wrong feeding, and sometimes the cause is remote. Bromide of potassium is the usual specific. Treatment while in fits:—Remove tight clothing from neck, prevent patient from injuring himself, put part of rolled up handkerchief between teeth to prevent tongue being bitten, but don't suffocate in so doing. After consciousness returns induce sleep. This ailment is so serious that its treatment must be carried on under skilled advice.

ERYSIPELAS

is a very rapid disease, but seldom becomes dangerous if promptly treated. Stop all except fluid food; give full warm injections; give hot pack, followed by a thorough wash of whole body in warm, then

cool water. Then keep patient in bed with tepid compresses round the inflamed parts. Feet warm, head cool. The success of the treatment corresponds to the assiduity with which the compresses are applied. We have seen the disease checked in one day by incessant applications of tepid water for several hours. Where, for any reason, the compresses must be discontinued, keep the air out by covering the affected part with dry cloth containing flour. The bedroom must be ventilated, not occasionally, but constantly.

EYE TROUBLES

would require a volume to themselves. Inflammation will be remedied by the head baths and compresses recommended for deafness and ear troubles. Attend to all the rules of health as laid down in other parts of this

Guide—strictly pure food, daily wash, fresh air, body compress at night, tepid injections every second day unless clearly unnecessary. Watery eyes, caused by the blocking of the tear passage, are sometimes put right by constitutional treatment combined with the treatment for inflammation. Never put a bandage over the eyes. Defects in vision are often caused by too close application to lessons, especially in stooping. The remedy is obvious. In doubtful cases it is well to consult a good oculist, as the timely adoption of glasses may prevent great injury to the eyes.

FAINTING.

See "Treatment of Common Accidents," page 39. After restoration find out the cause, and by removing it prevent future attacks.

SYMPTOMS AND DURATION OF INFECTIOUS DISEASES.

The symptoms of particular diseases will be described under the names of the diseases themselves; but the appended table will not be out of place here:—

DISEASE.	USUAL SYMPTOMS.	ORDINARY DURATION OF INFECTION.
MEASLES, . . .	Languor, suffused eyes and nostrils, cough, eruption of small red spots, like flea bites, on 3d or 4th day.	From 3 days before eruption until all scaling of skin and cough have ceased. (2 to 4 weeks.)
SCARLET FEVER, . .	Languor, headache, sore throat, giddiness, sickness. Rash appears after 24 hours; is colour of a boiled lobster; begins on face, and spreads over whole body.	From beginning of illness until all skin peeling has ceased. (5 to 8 weeks.)
SMALLPOX, . . .	Two days' feverishness and general symptoms, and then eruption of small red pimples which develop into pustules.	From beginning of illness until all scabs have fallen off. (4 to 5 weeks.)
CHICKEN-POX, . . .	Eruption of watery sacs, circled with a rosy halo on scalp, breast, neck, and shoulders.	Until scabs have fallen off. (4 to 5 weeks.)
TYPHUS FEVER, . . .	Languor, depression, giddiness, dry tongue, diarrhoea, delirium. Eruption of rose spots, scattered, begins 2d week.	During continuance of diarrhoea. (4 to 5 weeks.)
TYPHOID OR ENTERIC FEVER, . . .	Symptoms similar.	The same.
WHOOPING-COUGH, .	Cough or cold for a week or two, then the characteristic cough.	During the whole period of cough, including the unformed cough. (About 6 weeks.)
DIPHTHERIA, . . .	General symptoms too various for narration. Sore throat and false membrane.	Until 14 days after disappearance of membrane. (2 to 3 weeks.)
MUMPS, . . .	Swelling on one or both sides of neck; pain when chewing.	Three weeks from commencement.
ERYSIPELAS, . . .	Rapidly spreading inflammation of skin.	One week after disappearance of disease.

The duration of infection above stated is only applicable to the respective diseases when not treated hygienically. Under rational treatment the duration is very greatly shortened.

FEVERS.

No matter what the variety may be, every fever is a symptom of germ development in the body. The following is the hygienic treatment for fevers, but, unless specially skilled, parents will as a rule prefer to have their children treated by a medical man:—In the earliest stages of all fevers take means to isolate the patient and prevent infection. Give soft water to drink, and only fluid food. Increase vitality by some form of warm bath; keep it up until perspiration is induced; give a full warm injection; put patient in bed, keeping the feet warm and head cool; let the bedroom be constantly ventilated and well shaded; take down the fever with cool compresses; let quietness reign. In eruptive fevers the danger is great if the eruptions do not come to the surface properly; or, after coming out, if they go in suddenly. Bring out and keep out the eruptions by hot water treatment, such as sitz baths, hot trunk packs, with cold body compresses at same time. Cold cloths should be continually worn on the head and trunk, and changed as often as necessary, taking care not to disturb the patient unduly, and also taking care that the body is kept warm enough by warm sitz baths, or by packs if necessary. If the eruption is obstinate in appearing, it will yield to a hot pack followed by a cold one—one hour each. This treatment should not be applied to a weakly child, the leg packs and head compresses being repeated instead. In typhus and typhoid fevers special attention should be given to the head and nape of the neck, keeping these parts constantly covered with cold cloths, the general treatment for fevers being of course carried out. On page 35 will be found a table showing the symptoms and duration of fevers and other infectious ailments.

When diarrhoea appears give about one tumbler cool injection after each motion. No solid food should be given in any fever until convalescence, and then sparingly. Great care must be observed after recovery to prevent cold and other complications.

ILLUSTRATIVE CASE.

The following case which came under the direct observation of the writer will be instructive:—Mr and Mrs X have three children, two boys of nine and seven respectively, and a girl of thirteen months. William, the eldest, developed very sudden symptoms of scarlet fever, the rash coming out within six hours of his complaints of languor and headache. He was at once placed in a shaded bedroom by himself with a sheet wet with water and sanitas drawn across the doorway, and treated on the lines above laid down, varying the applications as the symptoms called for. Grape juice and water were given and barley water on the

third day. To ensure the child's docility the dangers of a sojourn in the local fever hospital had only to be mentioned. In three days he was convalescent, and so successfully had the remedial action of the fever been superseded by the greater remedial action of the hydropathic measures taken, that there was no "desquamation," or peeling of the skin, and therefore no infection from that source. In seven days he was running about the house, free from the weakness which almost invariably follows fevers, and entirely free from infection. During convalescence he had been supplied with good reading, which could afterwards be destroyed, and, though the brother kept apart as ordered, they "swopped" literature, with the result that the younger boy caught the infection. His case was in duration and other respects like his brother. Then the infant fell ill with the same trouble, and the greatest difficulty of the three was with her case, because she could not understand the need for patience. But she, too, recovered in a week. The point is that three children fell ill with scarlet fever successively, and recovered completely in half the average duration of one moderate attack of scarlet fever.

FITS.

See "Epilepsy" and "Convulsions."

GASTRIC FEVER

and Enteric Fever are other names for "Typhoid Fever." See "Fevers."

GERMAN MEASLES.

Treatment same as "Fevers," which see.

GLANDS SWOLLEN.

The treatment of this trouble will be more competently carried out when the functions of the lymphatic glands are understood. The lymphatic system of vessels collects impurities from the tissues of the body, and carries them into the blood vessels. But some of these impurities would cause trouble if they went into the blood at once, so they are first dealt with by the glands, which are therefore purifiers. When these glands have too much to do they become swollen. Treatment:—Hand their work over to the skin, bowels, lungs, and kidneys, and reduce the work by reducing the food, and only giving such as is very digestible. Do the former by hot baths, fresh air, and injections. Disperse the swelling by keeping wet compresses constantly applied, lemon juice being added. This will in a few days bring some of the impurities to the surface in a rash. Discontinue the compress till the rash disappears, then begin again, and so on. Lancing is seldom required, but in consumption cases operation is necessary to prevent the glands becoming a centre of infection.

GUMBOIL.

Put the child on a pure and slender diet, give full tepid injections, paint with lemon juice, if possible gargle with lemon and water.

HEAD TROUBLES.

Headaches are one of the symptoms of many forms of illness, and fall to be treated according to the cause. Where a headache is the only or the most important symptom present, it will often be relieved by rest, quiet, hot and cold head baths alternately, a large injection, cold head bandages, and hot fomentations applied to abdomen and feet when in bed. Hot water drinking and abstinence from food are also advisable. Chronic headaches indicate disease of the brain or a weak condition of health. If the latter they are treated as above during the attacks; constitutional treatment at other times. Headaches from too much blood in head are relieved by cold cloths, hot sitz and foot baths, abstinence from food, and injections. Delirium is treated by tepid and cool head baths and cloths, and the general treatment for fever. For Neuralgic Headache, see "Neuralgia;" for Scald Head or Scabbed Head, see "Skin Eruptions;" for Cold in Head, see "Catarrh." Water in the head is usually confined to the first year of life. Symptoms.—Wasting body and enlarging head, foul tongue, constipation, languor, fretfulness, terrified slumbers, frequent and violent head pains, distress at every sound or motion, inability to bear light—shown by knitting of brows. These indicate the first stage, and are succeeded by stupor and drowsiness for several days, then come continual motions of the body, high pulse, perspiration, delirium, and death. Treatment:—None. Cold compresses may be used. Keep bowels open to relieve congestion in head.

HEART DISEASE

does not affect juveniles unless there is malformation at birth, or as a consequence of such a disease as rheumatic fever. Palpitation may arise from indigestion, bloodlessness, or nervousness.

HOOPING-COUGH.

See "Whooping-Cough."

INDIGESTION.

See "Dyspepsia."

INFANTILE PARALYSIS

requires constitutional treatment and careful attention to all the laws of health, combined with the following special treatment:—Daily hot fomentations to spine, followed by warm oil rubbing of spine, for 30 minutes each; afterwards oil rub affected parts downwards other 30 minutes. Head cool and feet warm always.

INFLAMMATIONS

of whatever organ are all treated very much alike. Give full warm injections, put the

child to bed, and then apply hot fomentations to the seat of pain constantly until either the pain is relieved or the patient becomes irritable; then apply cold compresses all round, changing them as they become warm. Continue the latter as long as they soothe; but if the pain increases resume the hot fomentations. Keep the head cool and feet warm. Give water, but no food.

INFLUENZA

is recognised by complete prostration of strength at the beginning of the attack, accompanied by low spirits. The treatment is to give complete rest, and restore vitality by moist heat in the way least troublesome to the child. A leg pack and hot flannels placed over the abdomen act like magic. Give hot water with lemon juice in it to sip from time to time; but no food for 48 hours. Squeeze an orange into a cup occasionally, and give as many of these drinks as the child craves. The greatest danger is during convalescence. If the weather is sunny at this time the child may sit out of door comfortably clad; but there should be no muscular exertion until at least 24 hours after the child feels able for it.

INGROWING TOE NAIL.

Scrape the whole length of the nail up and down in the centre. This will draw the growth from the sides. Wear properly fitting boots or shoes.

ITCH.

The disease known by this name is caused by the burrowing of a tiny insect under the skin, causing pimples, watery at first, between the fingers, and intense itch. Those pimples become "mattery," and sometimes form sores extending along back of hands and along the arms, and sometimes appearing on the legs. Treatment.—Sulphur ointment (which may be had from any druggist) should be applied to the affected parts 3 or 4 nights successively, and washed off in about two hours. The night clothing must be changed every morning, and thoroughly cleansed in boiling water to prevent infection. For some months after this treatment strict attention must be paid to diet, and to daily cool sponging of body.

JAUNDICE.

Give daily full warm injections; hot sitz baths, or full hot baths, or if these are impracticable, hot fomentations across stomach and bowels; rest in bed; hot lemon drinks; and no food for a day or two, or longer if there is no appetite.

KIDNEY TROUBLES.

See "Bladder Troubles."

LIVER TROUBLES.

The treatment for "Jaundice" will be found remedial.

LUNG TROUBLES

cannot be dealt with at length here. The treatment for lung weakness and lung disease in the earlier stage consists of, first, fresh air day and night taken inside—that is, the patient must be taught to take deep breaths habitually. Then daily washing of body and pure food. Then there should be as much moderate exercise in the open air as the patient can take without fatigue. See “Chills,” “Coughs,” “Inflammation.”

MEASLES

are treated as “Fevers,” which see.

MUMPS.

The cold throat compress to be worn at night. In morning apply pure warm olive oil without rubbing, and cover up the swelling with soft warm handkerchief. Nightly warm bath. Allow child out of doors if warm and fine. Diet carefully.

NETTLE RASH.

is caused by eating crabs, shellfish, and other irritating foods. The distinctive eruption appears on several parts of the body, and is similar to that produced by a nettle sting. Give injections and pure food. Apply flour to the affected surfaces.

NEURALGIA.

This distressing ailment may arise from any one of several causes, and sometimes yields to one kind of treatment and sometimes to another. When a decayed tooth is the cause extraction may be advisable. Except in bloodless cases a reduction in diet will tend to reduce the inflammatory pain, and sitz baths, hot or cool as the patient prefers, to relieve the head congestion. Alternate hot and cool head washings continued for thirty minutes at a time, and frequently repeated, applying finger rubbing and kneading to the scalp and face, will sometimes act like a charm. Warm oil rubbing of spine and head, and the rubbing into the painful surface of warm lemon juice may also be tried. Attend to the general health.

PALSY AND PARALYSIS.

See “Infantile Paralysis.”

PERITONITIS, PLEURISY, PNEUMONIA.

See “Inflammations.”

POLYPUS

is a growth in nostrils which impedes breathing, and so renders the patient liable to throat and chest troubles. The only treatment is to have them removed.

SPORIASIS OR ENGLISH LEPROSY.

See “Skin Eruptions.”

RHEUMATISM.

is caused by errors in diet, or defects in the nutritive processes. Treatment:—(1) Abstain from all flesh, fish, fowl, salt, soda. (2) Live on grain foods, fruit, and such vegetables as celery, tomatoes, &c. (3) Have tepid sponge and warm olive oil

rubbing daily. (4) Weekly warm water injections. The water used for drinking must be soft. When the pain is great fomentations as hot as can be borne should be applied long enough to give relief, and the skin rubbed with warm olive oil afterwards. If heat is complained of cold compresses should be applied.

RHEUMATIC FEVER

is similarly treated. In addition frequent warm sponging under the bedclothes is required to keep down the temperature. The food should be barley water, taken cool, and fruit.

RICKETS

require long continued constitutional treatment and a careful diet of whole wheatmeal, oatmeal, and barleymeal porridge and puddings, with milk and fruits. If there is any deformity it will be lessened by daily patient oil rubbing of the parts affected. The spine ought in every case to be rubbed for 30 minutes with warm olive oil daily.

RINGWORM.

Bathe head in comfortably hot water (no soap) a few minutes, then well rub into the scalp the juice of half a lemon heated. Repeat daily until cured.

RUPTURE.

Lay the child flat on the back, and apply hot fomentations. To keep the bowel in position until quite healed a proper truss will be required.

SCABBED OR SCALD HEAD.

See “Skin Eruptions.”

SCARLET FEVER.

See “Fevers.”

SCIATICA

is a form of rheumatism which seldom affects children. Treatment same as “Rheumatism,” with hot hip and leg packs in addition.

SHIVERING

should be treated with a hot bath at once, and the child put to bed, and kept warm. If feverishness follows cool down with trunk compresses.

SKIN ERUPTIONS

indicate defective action of skin or parasites. Give plain food, largely fruit; daily wash of whole body, using no soap where there is affected skin; weekly warm injections, and as much pure air and sunlight as possible. In the case of scald head a cotton cap wrung out of water (no lemon juice) with flannel one above should be worn constantly until healed. Cap to be renewed when dry.

SORE THROAT.

See “Throat Troubles.”

ST VITUS DANCE.

If child is at school he should be removed at once and allowed to romp at will. Apply

spinal compresses before he gets out of bed for 30 minutes, rub the spine 15 minutes afterwards with warm olive oil. Clothing light, loose, and warm. Food same as in "Rickets."

TAPE WORM.

The treatment is rather troublesome. (1) Lay bare the worm. Give no food after 5 P.M. At 7 give as large an injection of warm water as possible; about same time give a large dose of castor oil; later on hot lemon drinks may be given freely. (2) To poison the worm. Next morning before food give a child's dose of etherial extract of male fern, which any druggist will prepare; an hour after give a drink of hot cocoa or milk. Three hours after give another good dose of castor oil. Examine the stools for the worm. The head is about the size of a pin head, and has little black spots on it. If this does not come away the worm will grow again, in which case the treatment should be repeated in a month. Before adopting this heroic treatment the ordinary treatment for "Worms" might be tried.

THROAT TROUBLES.

On the first symptoms of a sore throat the child should have a warm bath and a large warm injection, and be put to bed wearing the throat compress. This almost invariably prevents further trouble. In the case of an infant at the breast sore throat may be suspected if there is any difficulty in drawing or swallowing milk, even if there is no sore throat the compress can only do good. Swollen or Enlarged Tonsils.—The same treatment continued for several days (or months if the case has been one of long standing), the tonsils being painted with tannin and alum, and mouth and throat gargled with lemon juice, will cure this condition without any operation. Constitutional treatment similar to that directed under "Catarrh" should be given at same time. See also "Croup and Diphtheria."

TOOTHACHE AND TIC

will yield to the treatment recommended for "Neuralgia."

ULCERS.

Treat similarly to "Boils."

WHOOPIING-COUGH.

To modify this trouble when running its course keep child as much as possible in the sun and fresh air, but isolated from other children to prevent infection. Throat and chest compresses should be worn in bed, and a good warm oil rubbing of the whole body should follow the nightly warm bath. Head should be kept cool, and feet warm. Lemon juice and honey mixed should be given frequently in teaspoonfuls to relieve cough. Vomit and expectorated matter should be carefully washed up, and not allowed to dry.

WORMS.

Tape worm has been already referred to. Either of the following methods may be adopted for Thread and Round Worms:—

(1) The juice of half a lemon in half a cup of hot water should be sipped half an hour before breakfast. One hour after a very light breakfast a large warm water injection should be given. Repeat the treatment daily for a week. (2) An infusion of santolina—quantity, half a teacup—may be given daily before breakfast for 4 days. Most herbalists will supply the santolina, and explain the quantities. Don't use santonine. Injections as before. (3) No food after 5 P.M. Later on give hot lemon drinks. Large enema at bedtime. Next morning give the milk of cocoanut on waking. No breakfast. About 12 give light milk pudding containing grated cocoanut. The same diet about 5. More hot lemon drinks may afterwards be given. At bedtime give another large enema. Keep child on plain simple fare for a week, and repeat the treatment then if the presence of worms is still suspected. As long as the general health is kept good worms are unlikely to be present.

TREATMENT OF COMMON ACCIDENTS.

GENERAL RULES.

(1) Be calm; the more excited you are, the less use you will be. (2) Ascertain the nature of the accident, and give what immediate assistance you can. (3) Place patient in the most comfortable position—on his back as a rule, but if breathing difficult, in a half-sitting posture. (4) Loosen clothing. (5) Give plenty of air. (6) Keep body and feet warm.

BURNS AND SCALDS.

(1) Remove at once, but with extreme care, any clothing in contact with the injured part. If necessary cut away the clothing with scissors. (2) Immediately plunge the injured part in tepid water (70 degrees to 95 degrees) for half an hour, and be very careful against exposure to the air. (3) Meantime get a piece of soft, clean linen, a little larger than the wound, saturate it with pure olive oil, apply it to the wound, pressing it gently so as to make it serve as a sort of outside skin. (4) Above this oiled linen place cold wet cloths two or four ply, and change or renew them as often as the patient finds it agreeable. The oiled linen cloth should not be removed until the burn is healed. If the burn or scald is a slight one plunge the part in cold water for a few minutes, and bind up with cold wet cloths. If the skin is unbroken, baking soda or flour applied externally will soothe.

MOUTH AND THROAT SCALDS.

Give teaspoonful of olive oil or cod liver oil. If symptoms of suffocation appear, apply warm fomentations to the outside of the throat, and send for the doctor.

CLOTHES CATCHING FIRE.

When such an accident occurs, roll the child on the floor, or envelop it closely in any article of heavy material at hand, such as a rug, coat, blanket, or tablecover. When the fire is extinguished, take off the child's clothes as quickly as can be done without hurting the injured surface. Then treat the burn as already directed, being careful not to expose the naked skin to the air.

TO STOP BLEEDING FROM CUT BLOOD VESSELS.

(1) Press firmly above the wound with fingers and thumb while some one brings a strip of linen or cotton or other material. (2) If the vessel is an artery (the blood from an artery spurts out with each heart-beat, and is bright red), tie the strip of linen, &c., very tightly round the limb above the wound. (3) If the vessel is a vein (blood flows steadily, and is usually dark colour), tie tightly below the wound.

GAPING WOUND.

Fill cavity with soft material, such as cotton wool, and tie linen strip above. Never remove a blood clot till the wound is healed.

BLEEDING FROM NOSE.

(1) Put patient in an erect position. (2) Apply constantly cold water to nape of neck and forehead. (3) Keep nostrils closed firmly with finger and thumb. (4) Keep feet warm. If bleeding does not cease in 30 minutes, send for a doctor to plug nostrils. People subject to nose-bleeding should use no salt.

BLEEDING FROM STOMACH.

The blood from stomach is vomited up, is generally dirty in appearance, and not frothy. (1) Put patient in bed in half-sitting position. (2) Wrap feet in hot flannels. (3) Put cold cloths on head. (4) Give small pieces of ice to suck. (5) After patient is comfortably warm place cold compresses round waist, and renew them every half-hour.

BRUISES AND SPRAINS.

Foment with warm water, and bind up with cloths wrung out of cold water. A sprained ankle will be speedily relieved by 15 minutes' gentle hand-rubbing downwards with warm olive oil after the foment.

MAKE A POINT

To read Aunt Kate's "Health Without Medicine" Column in the *People's Journal*. Practical hints are given every week which may prove of vast benefit to the health of yourself and your family. The *People's Journal* is sold by all Newsagents, price One Penny.

POISONS: ANTIDOTES AND TREATMENT.

Where it is known or even suspected that a child has taken poison the nearest available physician should be called in immediately, for life or death may be a question of moments. If the nature of the poison taken is actually known the remedies should be applied at once, pending the doctor's arrival. A complete list of poisons would overstep our limits, but we give a list of all those at all likely to cause domestic trouble.

ACIDS (MINERAL).

Sulphuric, nitric, hydrochloric.—Give any one of the following antidotes:—Magnesia in milk; chalk or whiting in milk; plaster knocked out of a wall in milk; olive oil; soapsuds; baking or washing soda in water. These antidotes to be given freely in diluted form for some hours.

ACIDS (VEGETABLE).

Oxalic acid, salts of lemon, salts of sorrel.—Give chalk in milk; plaster from a wall in water; magnesia in water; lime water; olive oil. Tartaric and citric acids.—Chalk, magnesia, or baking soda in water. Hydrocyanic or prussic acid, oil of bitter almonds, cyanide of potash, prussiate of potash—Pour cold water on head till consciousness returns.

ALKALIS.

Caustic potash and soda, ammonia, pearl ashes, carbonates of potash and soda.—Give vinegar and water; lemon juice and water; oil; acid drinks.

ALCOHOL, CHLOROFORM, CHLORAL.

Induce artificial respiration, and also treat as for opium, which see.

ALUM.

Give an emetic if there is no vomiting, then give large draughts of water. (Mustard and tepid water is a good emetic.)

ARSENIC.

Give an emetic till doctor comes. A mixture of ammonia and tincture of iron is the antidote if doctor not immediately available.

BLEACHING POWDERS AND LIQUIDS.

Treat the same as for alum.

CARBONIC ACID, COAL GAS, CHARCOAL FUMES.

Induce artificial respiration, and give plenty cold air.

CARBOLIC ACID.

Give olive oil and lime water.

MOULDY BREAD, DECAYING ANIMAL FOOD.

An emetic, and then castor oil.

POISONOUS FISH OR SHELL FISH.

An emetic, then castor oil; then large drinks of milk, tea, or water.

INVALID DIET.

We have already more than once insisted on the fact that in acute attacks of illness solid food only increases the danger. In convalescence and in chronic illness, where food must of course be given, it should be kept in mind that the stomach partakes of the general weakness of the body. It is therefore worse than useless to try to get up the strength of the patient by giving more or stronger food than the stomach can use. In all inflammatory troubles, such as sore throat, pneumonia, and fevers, the patient should fast for a day or two, getting sips of water as he wishes. When food may be given, equal parts of barley water and milk, or toast water and milk, allowed to cool, may be taken—a cupful every three hours.

IN CONVALESCENCE

this may be supplemented by milk, haricot soup, or revalenta. Barley water and revalenta are the most valuable of invalid foods, being very nutritious and digestible. A recipe for the former is appended. The latter consists of two parts barley flour to one part lentil flour, and may be made into porridge or puddings. (Buy the ingredients separately, it costs four times more to buy them as revalenta). Barley and milk is nutritious and digestible. Barley requires long cooking. Baked apples are light, purifying, and wholesome. Raw and cooked fruit should not be eaten at the same meal. Sound fruit may be eaten freely in most cases of illness. Food should not be pressed on a patient. On the other hand his cravings, when they are not merely passing fancies, are usually safe guides as to what food is suitable at the time.

BARLEY WATER.

One cup pot barley to 12 cups water. Wash; simmer for three or four hours; strain, and throw away the grains. The liquid solidifies when cold; but the quantity required may be placed in a pan with a little water or milk and warmed, when it will again become ready for use. In this way barley water may be prepared in sufficient quantity to last several days; but it should not be kept in an apartment where people sleep or live. Barley water may be either eaten to milk or lemon juice, or flavoured with onion. Milk and lemon juice do not agree. Milk should not be taken with lemon juice, or within an hour after taking a lemon drink.

BRAN TEA.

Put a teacupful of fresh bran into a muslin bag. Put the bag in a quart of boiling water. Allow to simmer for at least 30 minutes; throw away the bran. This is to be taken moderately warm either with milk or lemon juice. Well mixed with two table-spoonfuls of pure honey it makes a good soothing syrup for a cough.

BEAN TEA.

Half a pound of large haricots or, if they can be had, butter beans, half a lb. dried peas, three pints water. Wash the beans and peas, set on to boil in the water, skim when water comes to the boil, simmer gently for three hours. Season with a little salt. The beans and peas must not be burst, as only the bree is used.

ICELAND MOSS.

Wash one oz. of the moss well, soak for ten minutes, shake out the sprigs separately. Put a quart of milk on the hob with lemon rind and a little sugar. When near boiling add the moss. Stir gently till boiling, allow to boil for ten or twelve minutes, strain into mould or bowl previously dipped in cold water. It may be taken warm, or cold and solid. This is a good dish in chest or throat troubles.

A CHAPTER ON SYMPTOMS.

Symptoms point out what the disease is, and it is well to be able to diagnose the particular ailment. But they serve a far more important purpose in indicating the treatment needed. "A stitch in time saves nine," and the time usually wasted in watching the development of symptoms to ascertain the disease would, if properly spent, in most cases heal the patient. For example, a child shows these signs of illness—languor, burning head, cold feet. Instead of waiting till these symptoms increase and culminate in a fit, or some specific fever, give the relief the symptoms naturally indicate. Languor calls for rest, burning head calls for coolness, cold feet need heating up. Put the child in bed, relieve the fever by an injection of warm water, and a warm or tepid sponging of body; equalise the temperature by first wrapping feet and legs in flannel wrung out of hot water, and afterwards applying a succession of cold compresses to trunk and head, giving water to drink, but no food. In ninety cases out of a hundred the child is perfectly restored without the trouble progressing far enough to enable anybody to say what it would have been.

Or a child begins to sicken and to shiver, a serious condition indicating rapid loss of vitality. If the indications afforded by the symptoms are not obeyed, some acute inflammation may be the result. But put the child to bed, open his bowels by an injection, and restore the vitality by moist heat, in the form of a warm bath or a hot leg pack, keeping the head cool, and again the child is restored as if by magic.

FACTS ABOUT FOOD.

Food fulfils three ends:—(1) To build up and repair the body; (2) To give working force; (3) To give heat. The first end is fulfilled by flesh-forming or nitrogenous food, the other two by carbonaceous food. In adults the proportions of these foods required is from $4\frac{1}{2}$ to 6 of carbonaceous to 1 of nitrogenous. In children rather more nitrogenous food is required to afford material for growth. If the body is to be kept in health these proportions should be approximately adhered to in the daily dietary. (There are other elements in food which need not be specified here). It is therefore right that mothers should have a rough general notion of what elements the common food stuffs are composed.

MILK.

Milk, the model food, contains all the necessary elements in the right proportions. Infants thrive on it for 9 or 10 months, after which time additional food is required, not because milk is insufficient, but because the stomach demands its food in solid form.

GRAIN FOODS.

All the native grain foods as long as they are kept in the wholemeal state (that is, having nothing thrown away but the indigestible husks) contain all the necessary elements in nearly the right proportions. Hence in Scotland strong men used to be brought up on three meals a day of porridge and milk. Children fed on three meals of oats, wheat (including good wholemeal bread), or barley, or all three for variety, with the addition of milk, will thrive as far as food is concerned, and better than on a diet which includes fish, flesh, or fowl. The carbonaceous element in grain food is in the form of starch, sugar, and fat.

STARCHY FOODS.

Rice, sago, tapioca, and potatoes and white bread are starchy foods, and do not contain enough flesh-formers. Hence they are not so nutritious for children as wheat, barley, or oats. Peas, lentils, haricots, eggs, and cheese are large in flesh-forming elements, and are too nutritious.

VARIETY OF FOOD.

In feeding children, therefore, no mistake can be made if a grain and milk diet is adopted; but a little thought is called for when more variety is wanted. Yet the matter is very simple after all. If an over-starchy dinner is given one day, give an over-nitrogenous one the next; or combine the two elements in the one dish. For instance, peas are too nitrogenous and potatoes too carbonaceous, but a dinner of potatoes and peas is just about perfect.

Semolina, farola, macaroni, and other fine-grain preparations are not so starchy as

the starchy foods above mentioned, though they err in the same direction. Children would not thrive on them alone nearly so well as on porridge; but they are a wholesome variation to whole-grain foods.

BUTTER.

Butter is almost entirely carbonaceous, and so should not be used with potatoes or other starchy foods.

MEAT.

We have said nothing about the properties of flesh food, because we believe such food to be quite unsuitable for children. Those who think that flesh is more strengthening than grains or pulse (pease, lentils, haricots), we advise to consult the food tables to be found in any book on elementary physiology, where they will find that while lean meat is proportionally larger than the grain foods in flesh-forming elements, it is much smaller than the pulses in this respect. As regards economy, one pound of lentils, costing 3d, will be sufficient to make a "savory" dish for twelve persons as satisfying to each as a quarter pound of good beefsteak. At 1s per lb. a quarter pound of steak to each would cost 3s—that is, twelve times as much. Again, flesh food, though high in flesh-forming, is very low in brain, nerve, and bone feeding elements. The grains contain the right proportions of these indispensable parts of the dietary.

FRUITS, NUTS, AND VEGETABLES.

Speaking generally, fruits and vegetables are low in nitrogenous and carbonaceous elements. They are exceedingly valuable as natural medicines. The mistake usually made is that of treating them as "extras" instead of as food. They are eaten after a full meal; internal ructions result; and they are avoided in future. Or cooked and raw fruits and vegetables are taken at the same meal—which only strong stomachs can stand.

Of vegetables, the potato contains most food, and the carrot next—both carbonaceous. Green vegetables are valuable for their potash salts, iron, phosphates, &c. These should be cooked by steaming, otherwise their most useful properties will be lost. Celery is good for rheumatism; onions are splendid blood purifiers.

Nearly all fruits are sovereign remedies for constipation, and wonderful blood purifiers.

Nuts are a nourishing food. These are high in nitrogenous elements, and contain a large proportion of oil, and are therefore valuable to children who cannot eat butter or fat. But they should be given at meals, never between meals. Walnuts and Brazil nuts are good for constipation. Cocoa nuts are a remedy for worms.

BABY'S CLOTHES.

HOW TO MAKE THEM AT HOME.

In recent issues of the *People's Friend* "Janette" gave sketches and descriptions of babies' clothing which I am privileged to reproduce here. Most articles of children's dress can be bought cheaply in the shops, but to many mothers it is a pleasure to make their children's clothing themselves. They will be aided in this by using the *People's Friend* paper patterns, which can be obtained by addressing "JANETTE," *People's Friend* Office, Dundee, and enclosing a remittance for the price.

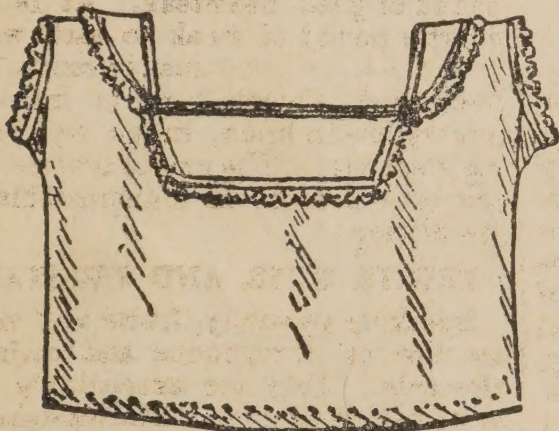
LAYETTE ARTICLES.

Paper Pattern, 3d.

THE BINDER

consists of a strip of fine flannel 33 inches long and 8 inches deep, bound at one end with a piece of calico $1\frac{1}{2}$ inches wide. The flannel is turned over $\frac{1}{4}$ inch on each side and neatly herring-boned. Formerly stiff binders of webbing or linen were used, but these are now wholly discarded, as they are considered highly injurious to the infant's health.

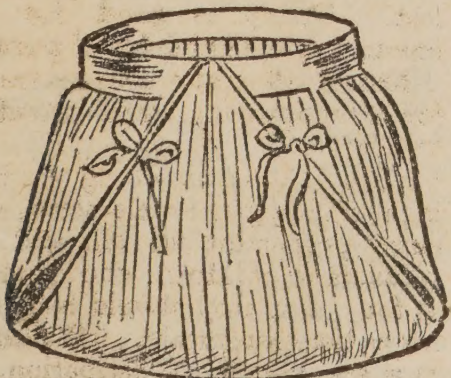
CAMBRIC SHIRT.



Paper Pattern, 3d.

Several competent authorities are in favour of doing away with the little lawn linen or cambric shirt in favour of wool or silk undergarments. However, a good many mothers still prefer the shirt, and such will be interested to know that one (10 inches deep) can be cut out of a width of 24-inch material. Lawn shirts look very dainty, and are softer than either linen or cambric. They are usually finished at neck and sleeves with narrow torchon lace or Cash's frilling.

PILCH.

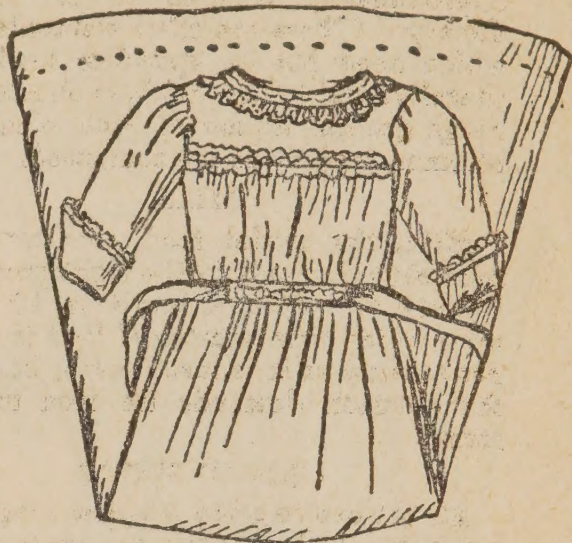


Paper Pattern, 3d.

The pilch consists of a three-cornered piece of flannel bound with white sarcenet ribbon. It is made $\frac{3}{4}$ yard long and about 1 yard wide. The centre is buttoned on to a narrow calico band, whilst the sides are fastened by white silk ribbon, the ends of which are passed through eyelet holes and tied at the back. The square-shaped pilch is box-pleated to the band, and is sometimes embroidered round the edges with fine silk.

THE NIGHTGOWN

and also the monthly gown are made a few inches longer than the flannel barrie. The former is usually of fine long cloth, although

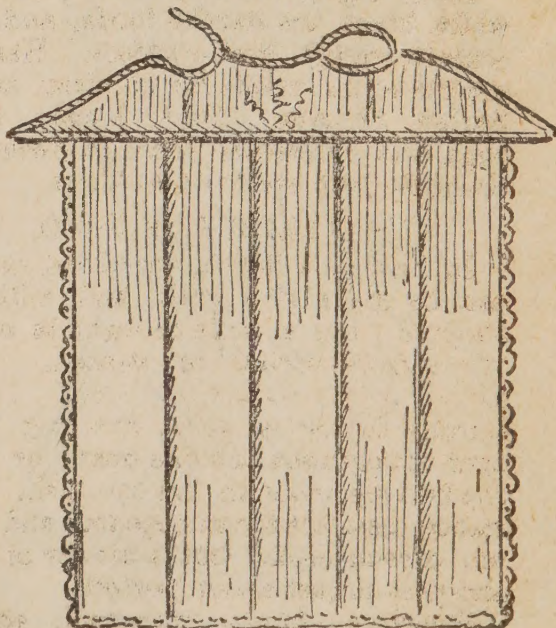


Paper Pattern, 4½d.

in some cases flannelette is used. Two and a half yards of 36-inch material are required, along with $1\frac{1}{2}$ yards of edging.

BARRIE.

Some mothers prefer separate patterns for day and night barries, but this is not necessary where economy is a consideration. If separate garments are required one pattern will do for either, only the day barrie ought to be made wider in the skirt than that for night wear, and the latter is sometimes made a little shorter. The bodice of pattern shown here-with is 30 inches wide and $6\frac{1}{2}$ inches deep, whilst the skirt is 50 inches wide and 36 inches deep. It is ornamented with three rows double

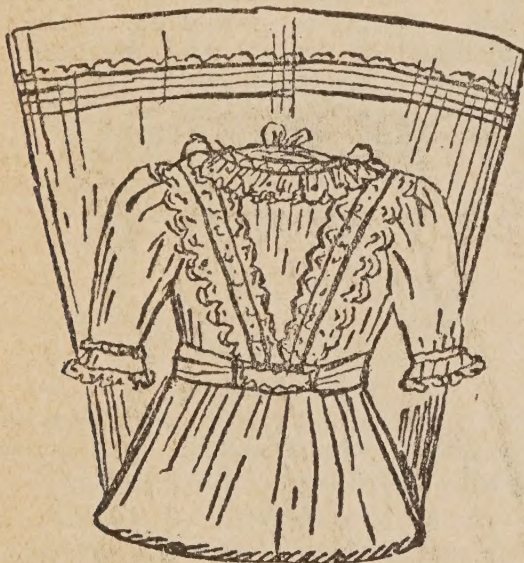


Paper Pattern, 3d.

feather stitching in the centre. For the sake of warmth and variety those who prefer two barries could make the bodice part of the day barrie of double material, and quilt it nicely with silk thread. The skirt could then be gathered into the bodice instead of being box-pleated like the night barrie. The tiny shoulder straps are made of a thickness of flannel put between two pieces of binding. The quantity of flannel required is 2 yards of 36-inch material. It ought to be moderately fine, and soft in quality.

THE MONTHLY GOWN,

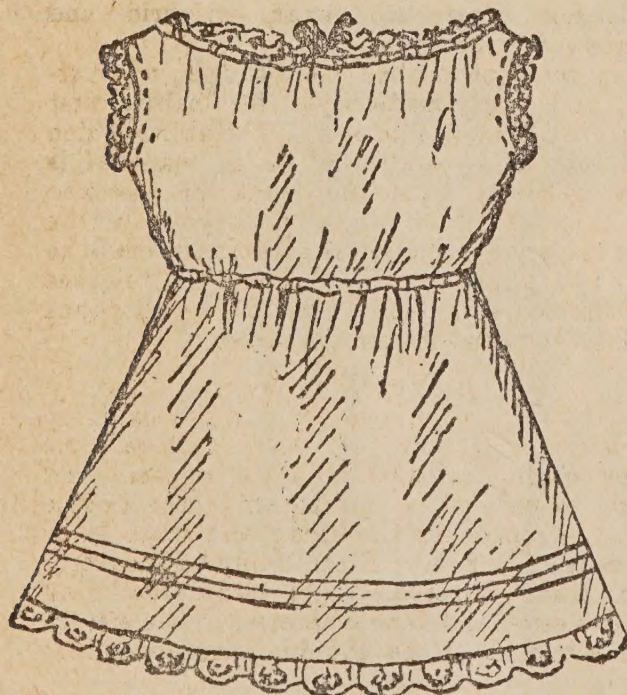
which has superseded the robe (which is used only at christening or special occasions), is worn now until the infant is shortened. As it is one of the most important items in the layette, it is daintily made of fine cambric, nainsook, or long cloth, and is generally



Paper Pattern, 4½d.

tucked, embroidered, and trimmed with lace. It takes 2½ yards of 36-inch material, 1½ or 2 yards lace, and 1 yard of insertion. If of nainsook, the skirt portion can be bought ready hemmed and tucked, and the plain part can be used for the upper portion.

WHITE PETTICOAT.



Paper Pattern, 3½d.

The skirt of this garment consists of two widths of 36-inch long cloth or fine cambric joined at the selvages on either side, and gathered all round into bodice. A hem of two inches is carried round the bottom of the skirt, with three sets of very narrow tucks above. Sometimes white silk is used instead of cambric for this petticoat for wear under the christening robe, and embroidery may be substituted for tucks if preferred. The bodice is made without sleeves, and is trimmed round the neck and armholes with narrow lace. The neck is drawn up to the size required with narrow tape. If desired the skirt may be cut out of 1½ widths of material. Two to 2½ yards of cambric, with 1½ yards of lace, will suffice for the petticoat.

CARRYING CLOAK.

This garment may either be fashioned of silk, of cream cashmere, or of any light-coloured washing material. It is trimmed round the cape and collar with deep frills of lace or embroidery. The under part of the



Paper Pattern, 6½d.

cloak is gathered on to a small yoke with the neck, and bound all round with ribbon. The deep cape joins close up to the neck underneath the pretty rounded collar. During winter a trimming of white fur may be used instead of the frills of lace and embroidery. Three and a half yards of 42-inch material, 4 yards of sateen, and 6 yards of lace or fur will be required for this garment.

INFANT'S SAC.

This tiny jacket looks exceedingly well when made of a pretty shade of coloured flannel such as blue or pink, with the collar, cuffs, and edges embroidered in silk. It is generally worn under the carrying cloak for the sake of warmth when the baby is

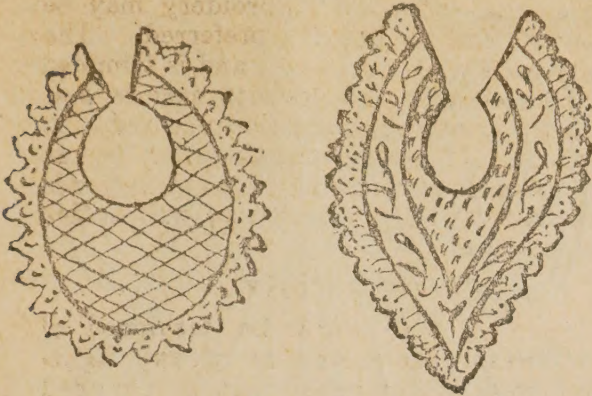


Paper Pattern, 4½d.

out of doors. It may be also used as a kind of dressing jacket when baby is taken out of bath and is disinclined to retire to the crib. The jacket is cut out of $1\frac{1}{2}$ yards of flannel.

INFANT'S BIBS.

Plain bibs for everyday use are often cut out of a piece of soft towelling, and trimmed round the edges with a piece of strong trimming neatly pleated all round. These may be made



Paper Pattern, $2\frac{1}{2}$ d each.

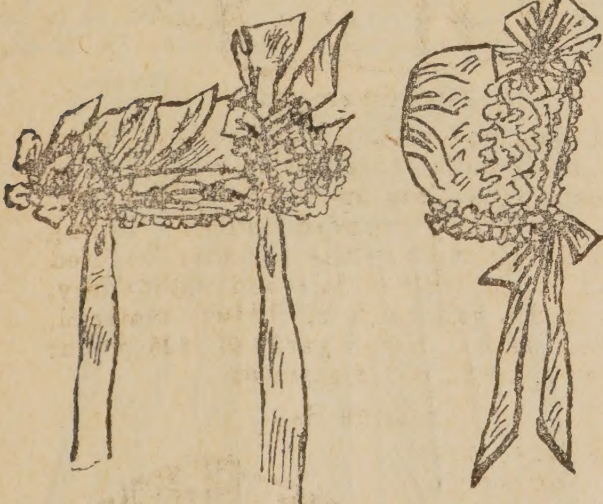
at home without any difficulty, and with one or two fancy bibs, same as second sketch, for great occasions, will be all that baby requires in that line.

BABY BOY'S HAT.

This hat may be made in cashmere or any soft creamy material. The foundation consists of a circle of stiff muslin pleated round into a brim of about 19 inches, which is then covered with a large circle of cashmere, with the fulness forming a kind of rosette in the centre of the crown. The brim is covered with the same material, with a twist of ribbon above. Rosettes of lace and ribbon are placed on either side the front. The hat is finished with a lappet of lace and ties of ribbon. One would require $\frac{1}{4}$ yard muslin, $\frac{1}{4}$ yard sarcenet, $\frac{1}{4}$ yard cashmere, 4 yards of ribbon, and 2 yards of lace.

Baby Boy's Hat.

Baby Girl's Bonnet.



Paper Pattern, $3\frac{1}{2}$ d each.

BABY GIRL'S BONNET.

Make the foundation crown of stiff muslin drawn up into a small piece of muslin in the centre of the back. Cover this with silk or cashmere, pleating it neatly into the centre of the back, which is then finished with a small rosette or covered button. Next sew the

lining round the front of the bonnet, but do not draw it up until the trimming is finished. Place a ruche of ribbon and lace all round the front, making it higher and fuller on the top part. Draw up the lining, and tack it to the crown. Put on the lappet, then a frill of lace round the back with a piece of ribbon above it, finishing with ties of ribbon about $1\frac{1}{2}$ yards long. Materials necessary would be $\frac{1}{4}$ yard muslin, $\frac{1}{4}$ yard cashmere, 6 yards narrow ribbon, $1\frac{1}{2}$ yards wide ribbon, $\frac{1}{4}$ yard sarcenet, and 4 yards lace.

SHORTENING GARMENTS.

SHORT-COATING FROCK—MODEL A.

As baby will require, at the very least, half a dozen little short-coating dresses—two for morning wear, two for afternoon wear, and two for best wear, of different kinds of material to suit the changes of season—most mothers will want a variety in style as well as a variety in material. I therefore give several models, any of which may be reproduced in flannelette



Paper Pattern, $3\frac{1}{2}$ d.

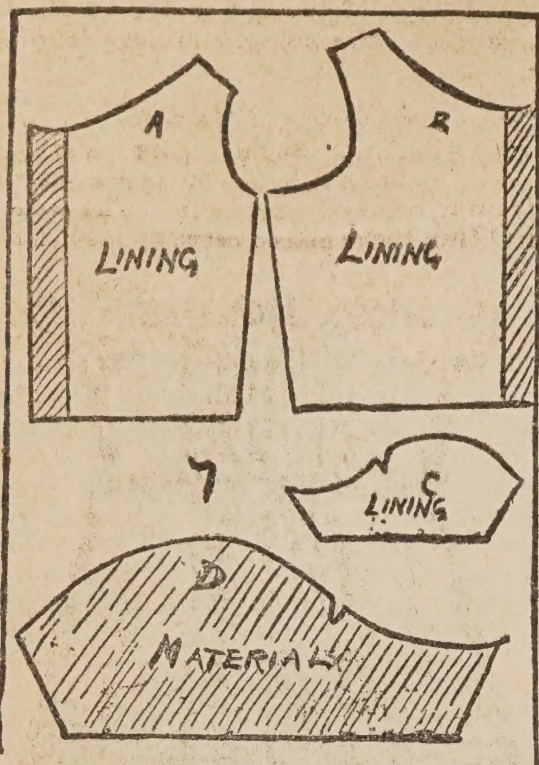
and print for morning wear, viyella and white serge for afternoon wear, cambric and cashmere for best wear, &c.

You could choose no more simple, comfortable, and easily-made style for baby's first frock than that of model A. The skirt, which is cut out of $1\frac{1}{2}$ widths of 42-in. material, is either gathered back and front, or smocked and then sewed on to a plain yoke of the same material. The short sleeves are made as described under model B. Neck and sleeves are trimmed with lace. One and a half yards of 42-in. material makes the above.

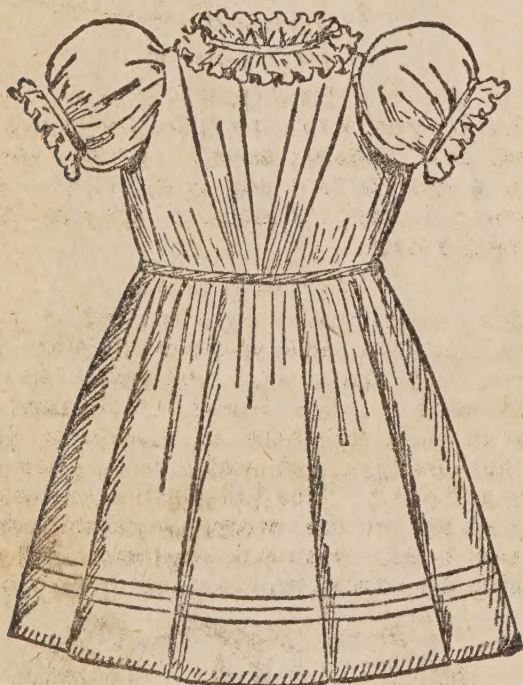
MODEL B.

As the skirt of this model is quite straight, consisting of $1\frac{1}{2}$ widths of 42-in. material, cut 19 or 20 in. in length to allow of hem and tucks, we only show a diagram of the bodice part. A represents the lining and material of the back of bodice. B the lining and material of the front of bodice. C represents the lining of the sleeve, and D the material of the sleeve. Join A and B at the shoulder and under-arm

seams, and arrange for fastening with buttons at the back. The material of the tiny sleeve



is made up apart from the lining. Two gathering threads are run in near the lower



Paper Pattern, 3½d.

edge, and are then drawn up to form the tiny frill. This is now placed over the lining and sewed securely. The top of sleeve is now drawn up to form the small puff, which is then firmly sewed into the armhole.

OTHER PATTERNS.

Other articles for which patterns may be obtained are

Baby's Stays,	price	3½d.
Short-Coating Shirt,	"	3½d.
" Petticoat,	"	3½d.

A BEST FROCK.

This pretty model of a best dress is fashioned in cambric, with a dainty yoke of tucked muslin and bands of embroidered insertion. The tucked skirt, ornamented with corre-

sponding rows of insertion and a deep frill of embroidered edging, may be bought ready for sewing on to the yoke by those mothers who have not time for so much fine and delicate sewing at home. The full sleeve is gathered at the wrist into a narrow band of insertion, with edging to finish. The sash may be made



Paper Pattern, 3d.

of cambric or of any pretty shade of bright-coloured silk. For a best dress for the winter season nothing could be better than white washing silk. It is as warm as wool, looks much prettier, and has the great advantage of affording no end of wear. Though costing a little more to begin with, it is really far more economical in the end. It ought to be made with a plain yoke, full sleeves, and trimmings of soft lace.

PLAIN PINAFORE.

Ten or twelve pinafores are an absolute necessity in a baby's wardrobe if he is to be kept during babyhood constantly as fresh,



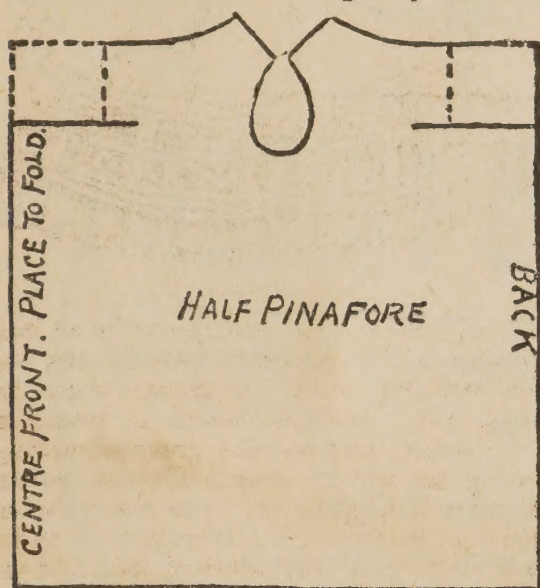
Paper Pattern, 3d.

clean, and sweet as he ought to be. For the sake of variety we give three different models,

all of which are simply made, neatly trimmed, and easily dressed. They may be made up in three fabrics—diaper, cambric, and muslin. Of these the strongest is diaper, therefore it is the most suitable for pinafores for morning wear. Model 1 is a very plain and simple style of pinafore. After making slits of $4\frac{1}{2}$ inches to form the arm-holes, a frill of embroidered edging is run along the straight edge at top, forming a fulness of about 4 inches over the shoulders. Two rows of stitching $\frac{1}{2}$ inch apart are made in the centre of the 24-inch band, into which the diaper with frill has been previously gathered. A tape is now drawn up between the rows of stitching, thus forming a tiny frill above, with the deeper frill below, which looks very natty, and opens out easily for washing and dressing.

A HANDY SHAPE.

This second model of a pinafore is rather uncommon, but is so neat and pretty that I don't



doubt many a baby's mother will be pleased to have it to ring a change upon. Cut it as shown in the accompanying diagram, then place a piece of insertion 2 inches long between



Paper Pattern, 3d.

the shoulder seams, and also in the centre of the front, making two small tucks on each side. Now gather the fulness, back and front,

into a narrow strip of cambric ornamented with feather-stitch. Trim neck and arm-holes with narrow lace. This pinafore is worn without a sash.

A DRESSY PINAFORE.

This pinafore, being more elaborately trimmed, makes a nice one for best wear. It is made up in cambric or muslin. The front has several tiny tucks placed between insertion and

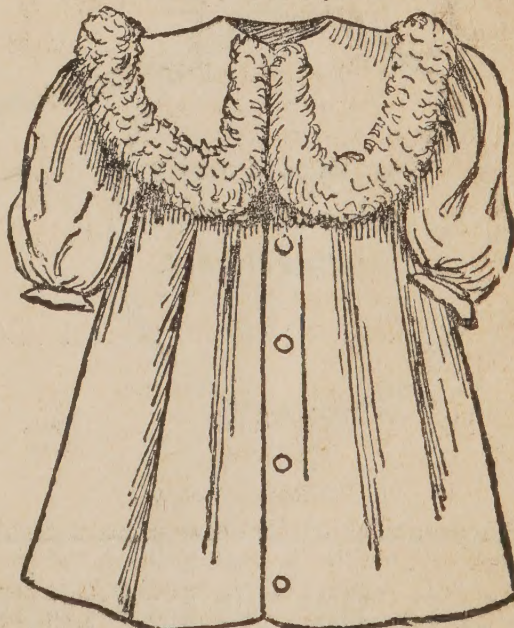


Paper Pattern, 3d.

edging run 4 inches below the neck, finished with a pointed bar of insertion into which two broad sash ends are sewed. Tucked cambric with a narrow lace edging forms the small sleeves. A band of insertion may be placed above the hem.

WINTER PELISSE.

This pelisse must always be made of a very warm material, such as thick woollen serge, velvet, velveteen, &c., and must be well lined with a cosy lining. The skirt consists of plain breadths of materials, joined by the selvages, gathered into a plain yoke, back and front. The full sleeve is either cased with elastic at the wrists or gathered into a narrow band. Materials required:— $1\frac{3}{4}$ yards of 44-inch material and $1\frac{1}{2}$ yards of fur-edging.

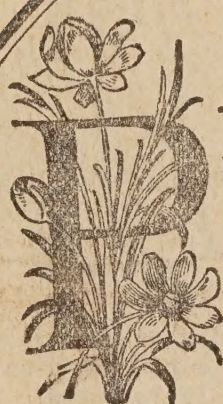


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